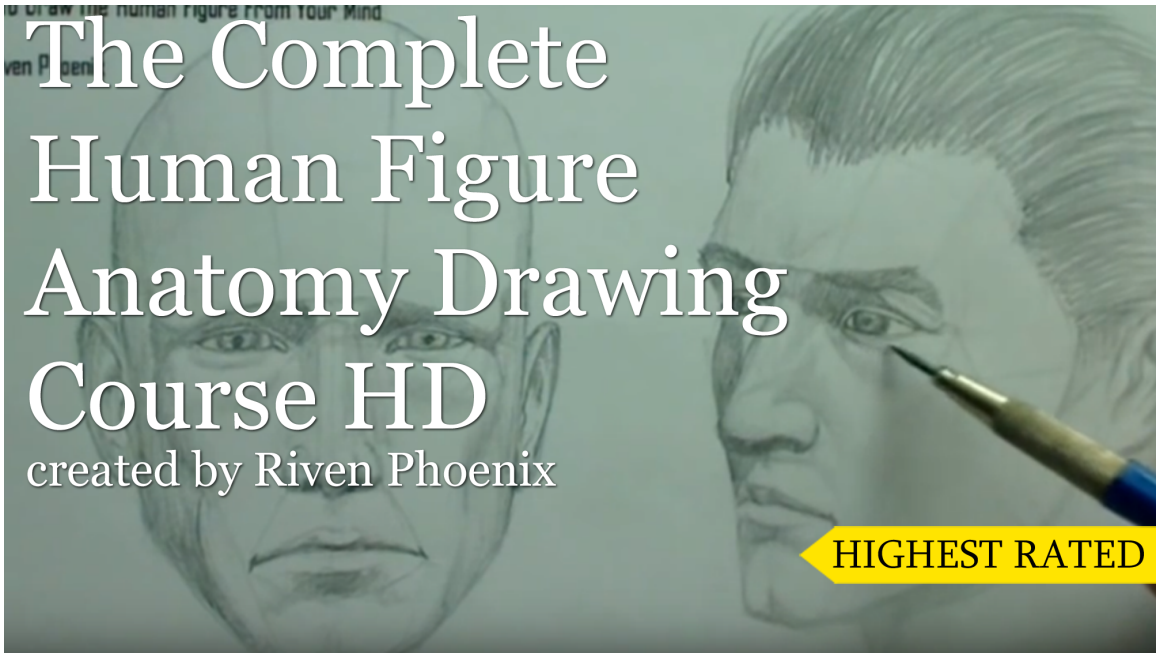

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 150 - The Muscles of the Arm - Part 12

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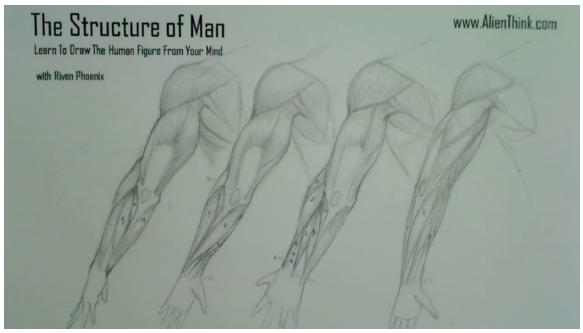
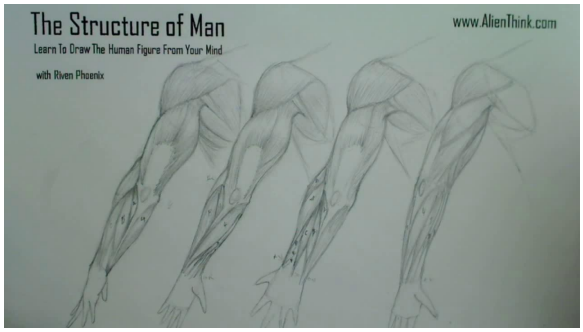
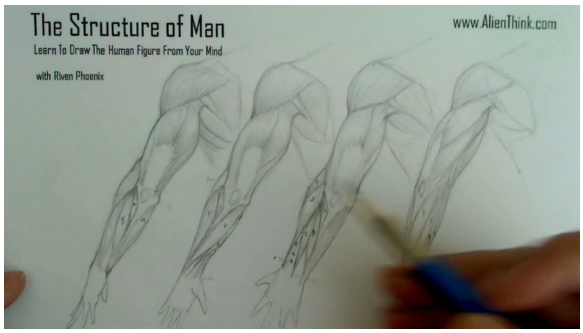
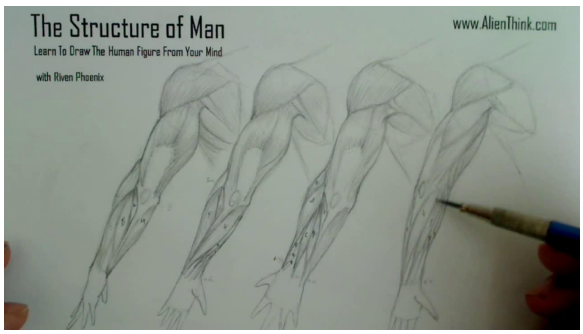
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man, learn to draw the human
2		figure from your mind training course.
3		Okay, so in the previous lesson we have now, we can here say that we've conceptually mastered
4		and understood the connection system for the forearm from the side end also from the back.

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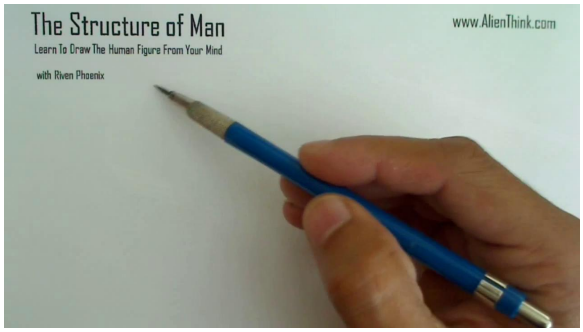
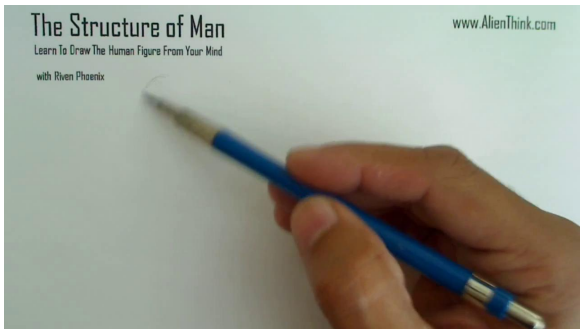
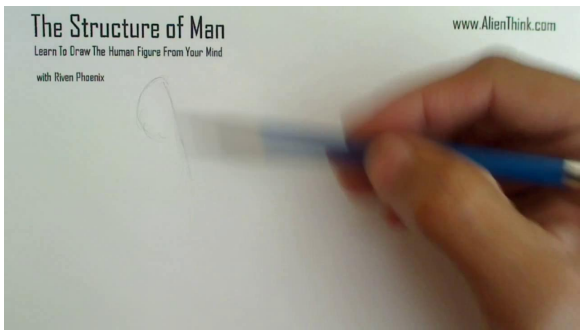
5		So now to wrap this understanding up, we're going to look at drawing it from the front.
6		Alright, so I'm going to do this one over here.
7		So we know that okay, well I'm going to get like this, this idea over here and then over
8		here for the front of the chest cavity, we know that okay, it's going to be about here

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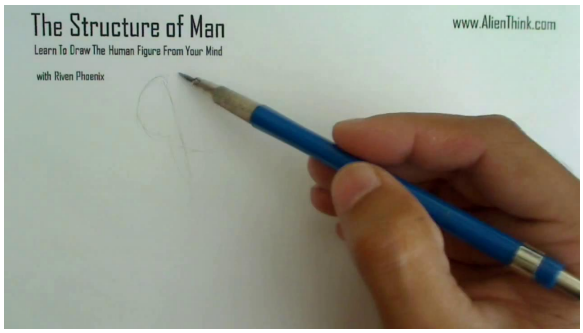
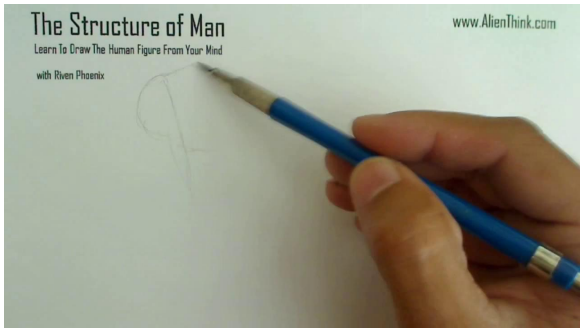
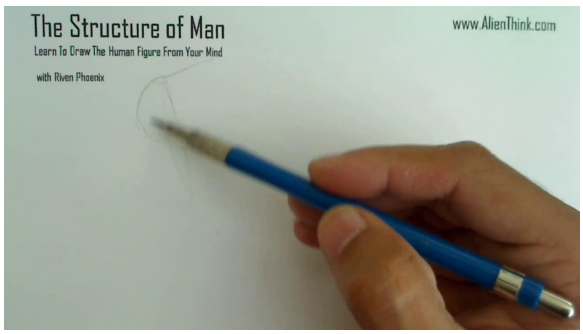
9		like this, right?
10		We can just assume this because we know how this whole ratio system works, right?
11		So we know that the chest cavity is going to be here and about here, the delta it is
12		going to end.

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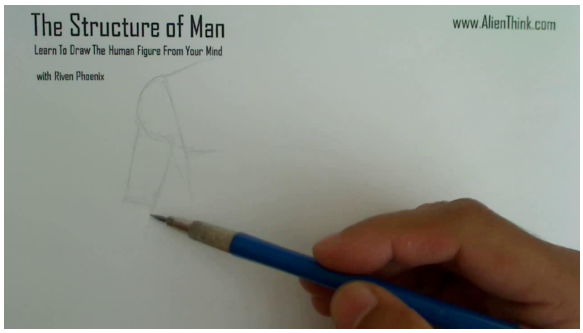
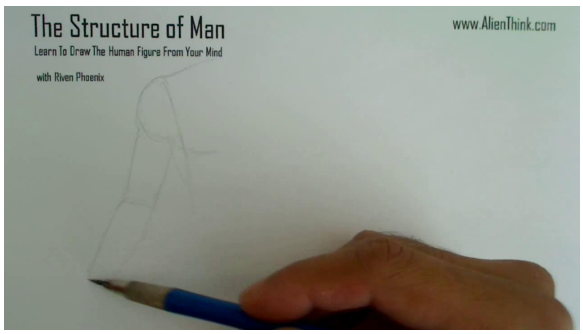
13		So here I'm just going to first draw out like a conceptual design over here for this first.
14		See that this is what I want to do is actually show the bicep more over here, right?
15		So here I'm just going to draw it out like this over here and here we can just draw out
16		this shape like this again, the mannequin system's purpose is really a template system that

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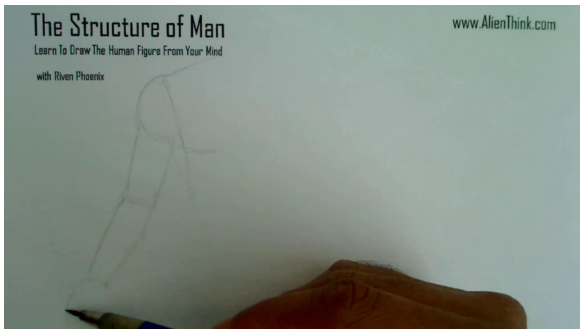
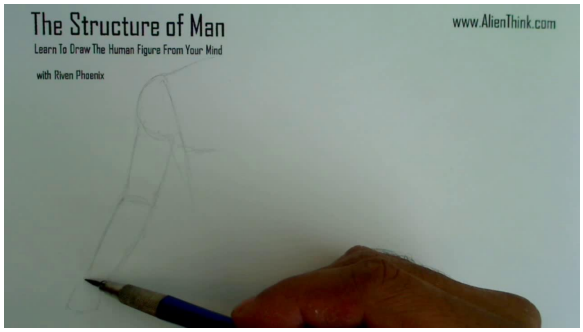
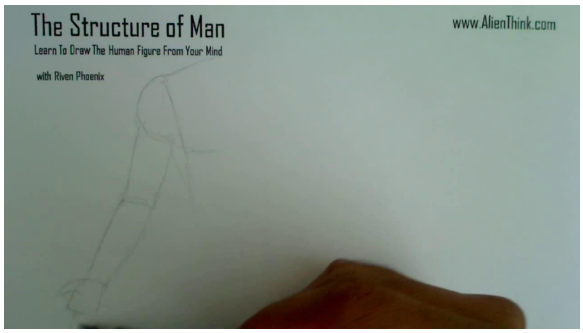
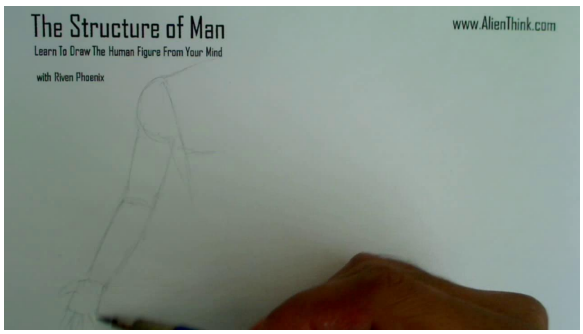
17		allows us to quickly draw out the figures, right?
18		Because we have a very deep understanding of it as to how it's going to be working.
19		So here I'm just going to draw out simply just some fingers over here, right?
20		So you can see that we actually are beginning to comprehend the idea of the hand already,

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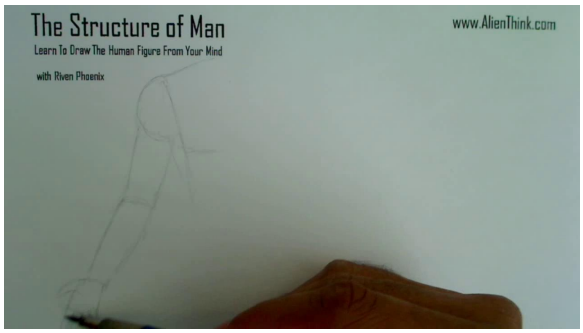
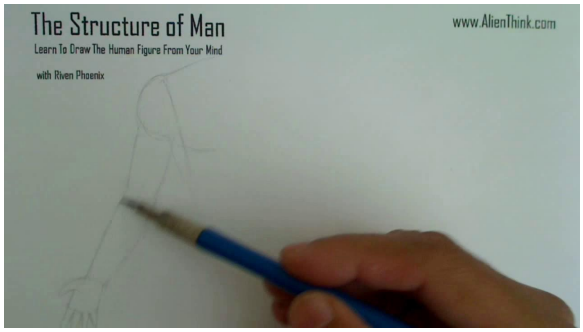
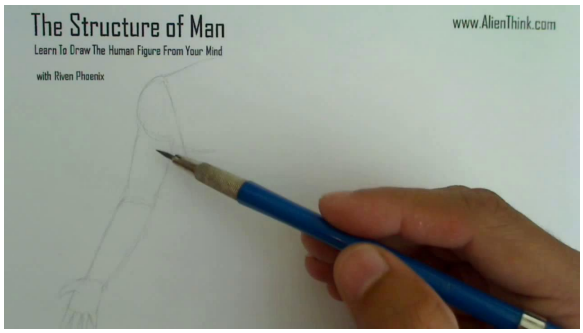
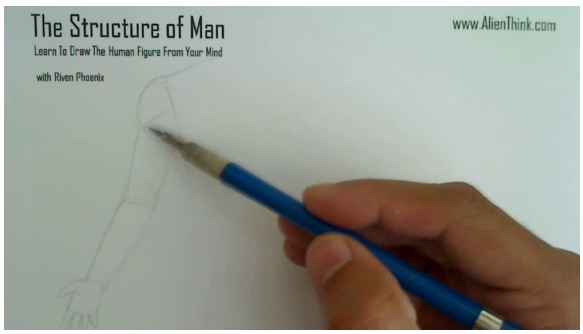
21		because it's just going to come down to one form also, right?
22		It's just going to be like this the way we drew it out over here.
23		Okay, so what we want to do is now just understand, okay, well, what we want to do is really just
24		take the delta it is going to be kind of like this over here.

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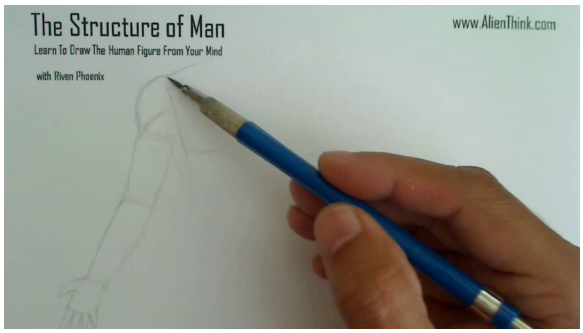
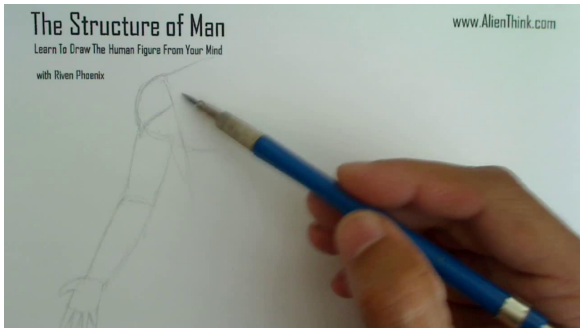
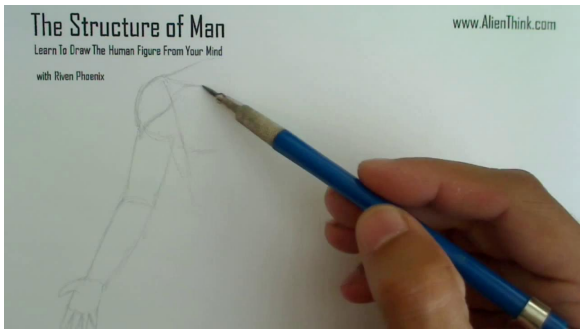
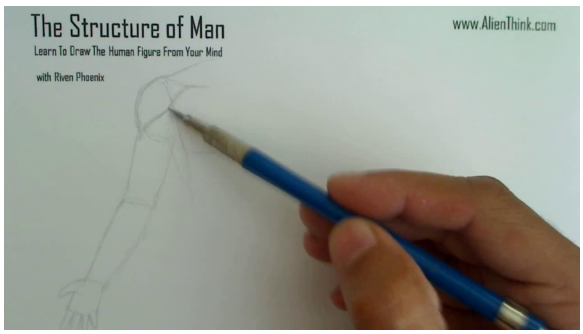
25		So let's first sketch out the muclesmuscles.
26		We know that the delta it is going to be here and you're going to get the the clavicle
27		like this and then your pack muscles are going to come in the middle over here, right?
28		So you're going to get at least something like this over here, right?

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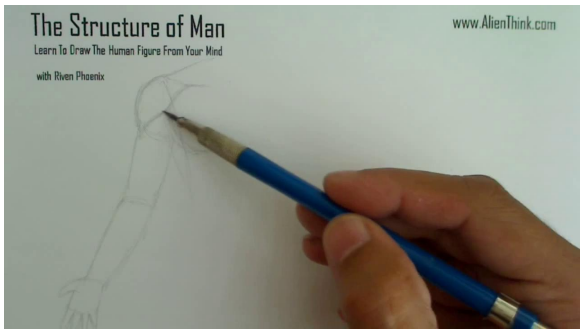
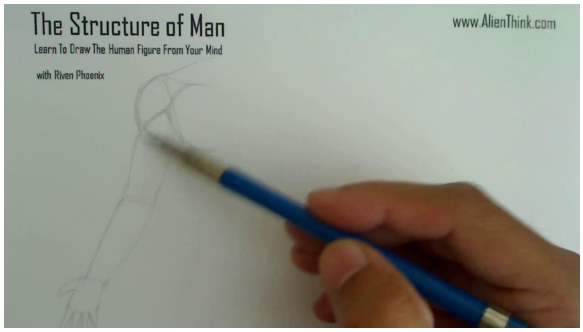
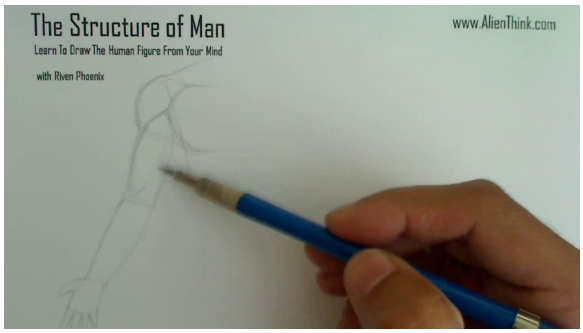
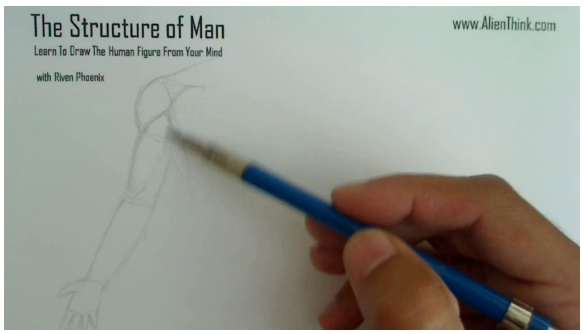
29		So this is the beginning to understand this, okay?
30		And then over here I'm just going to draw out the bicep going in this way just the basic
31		shape of it to begin to understand, right?
32		The bicep really is going to come here because it's attaching to the scapula a little bit

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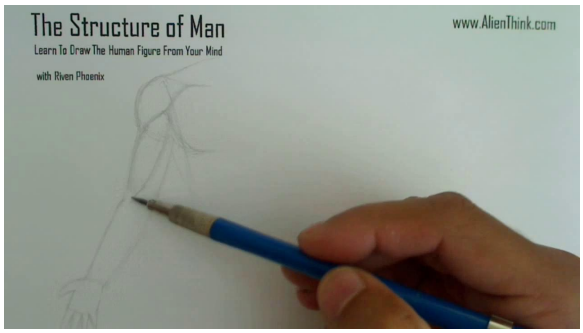
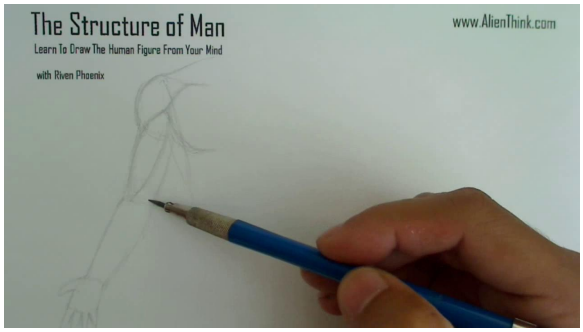
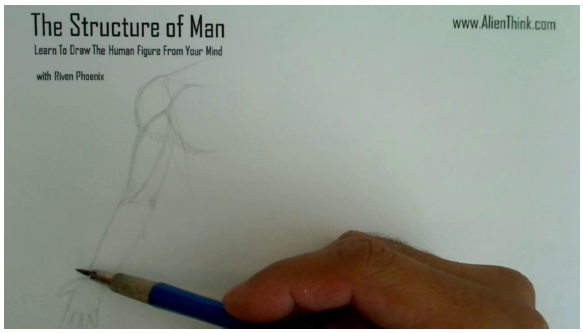
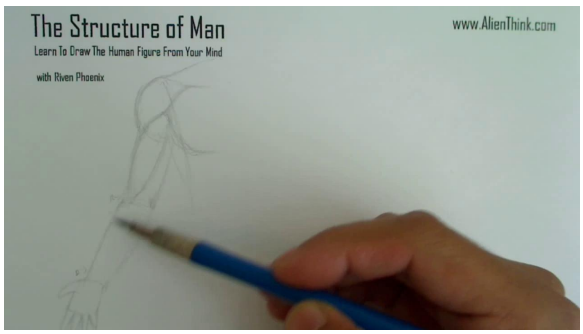
33		and then it's going to go into the radius, right?
34		So my idea for the funny bone is going to be right over here and I know the radius is over there.
35		So I know that the radius is going to be here and I know that the radius is going to be
36		here because the radius always connects to the dot dot, right?

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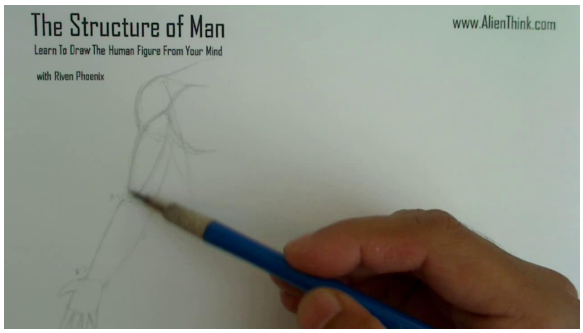
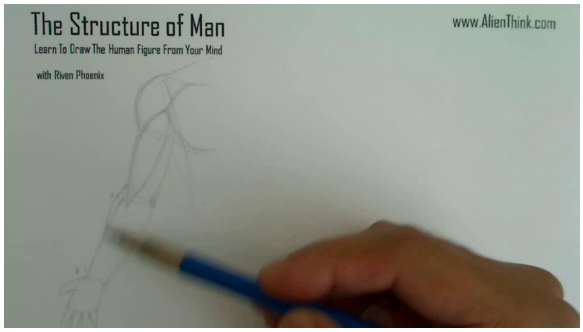
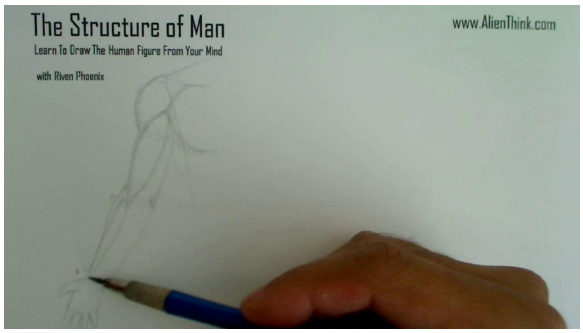
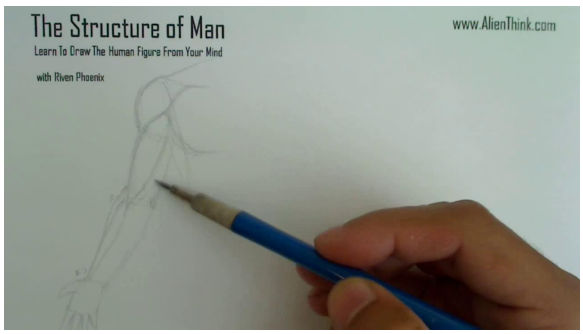
37		So once you have this, it's going to be very simple to do this because you know that
38		right, that muscle is really just going to come like this.
39		I'm going to get these muscles here under the bicep.
40		I know that it sits on that muscle over there, right?

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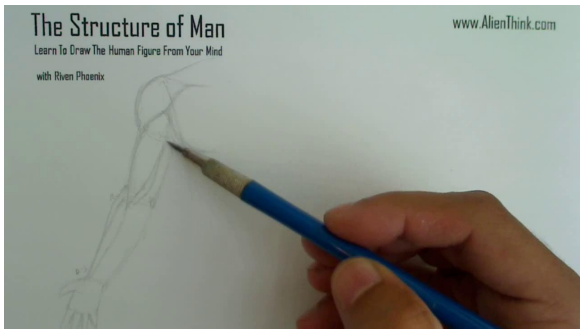
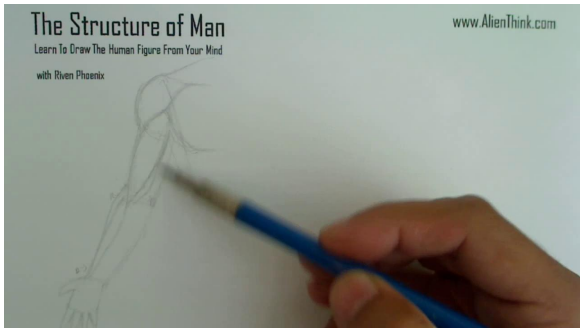
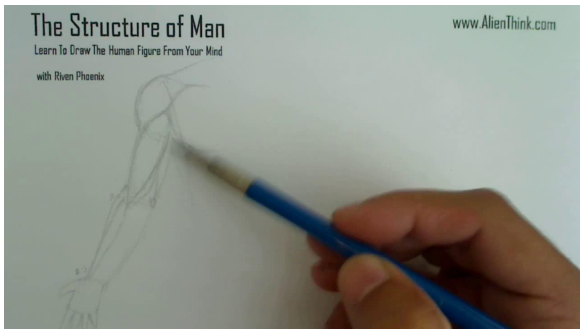
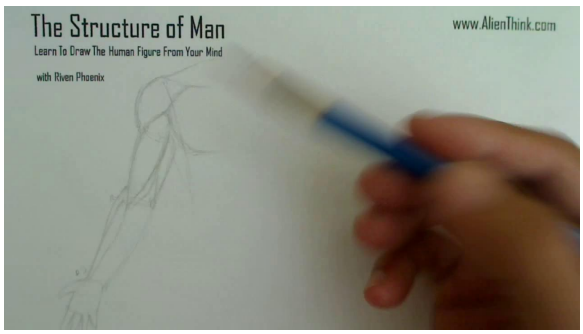
41		So here we can actually make the bicep a little more bigger over here.
42		Let me know right?
43		The bicep is just going to be on the other side and it's going to be like this over here,
44		right?

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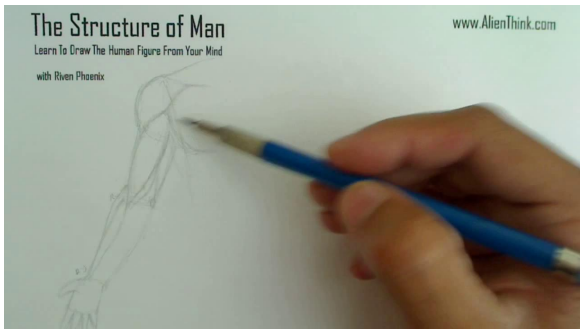
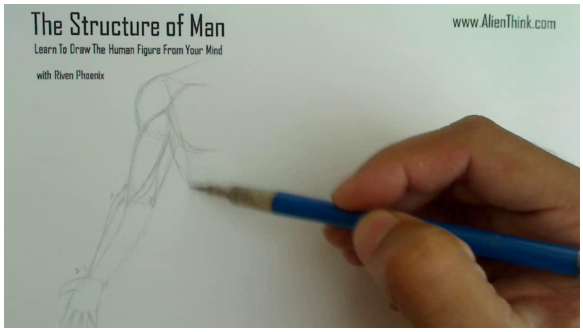
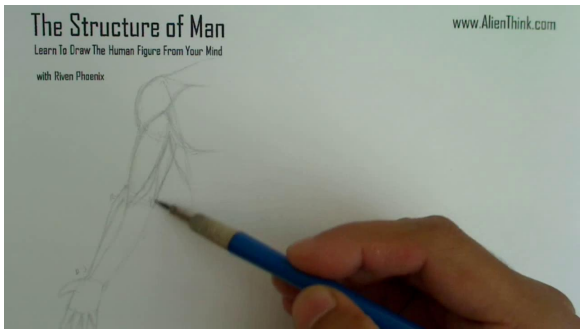
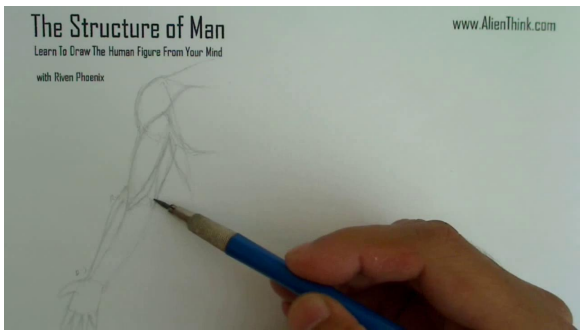
45		So since this arm is kind of moving to the back, you know that the the door side muscle
46		is going to be much more front, right?
47		So that's basically like a system of thinking that we're using to figure this step out.
48		I mean, I know that right, I'm going to get a muscle like this.

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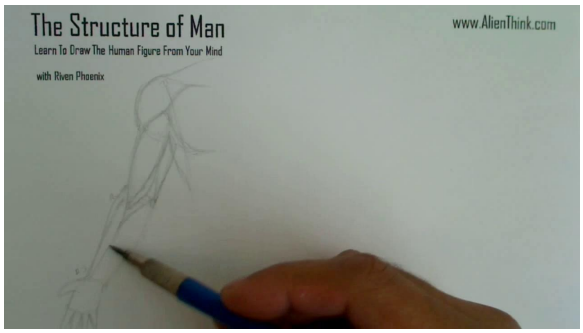
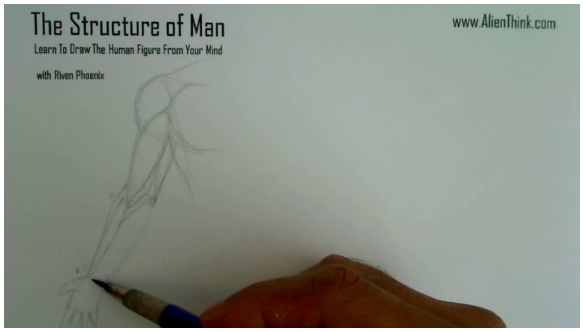
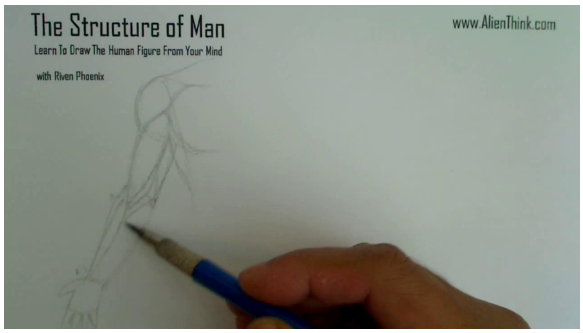
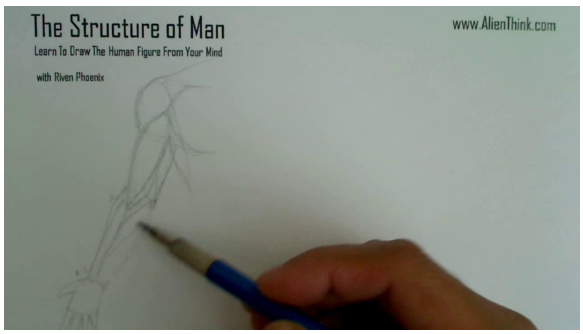
49		Everything else is very simple.
50		I get one, two, three, four, right?
51		And we just have to connect the dots, right?
52		Because all these ideas for the muscles are just going to become strings, right?

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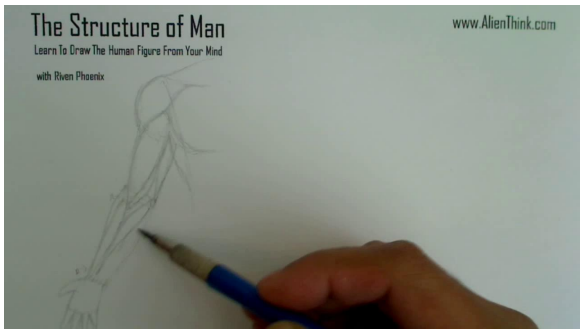
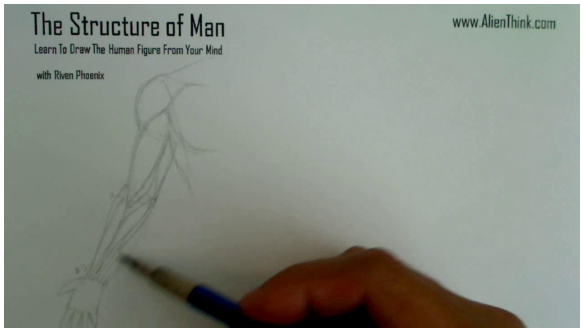
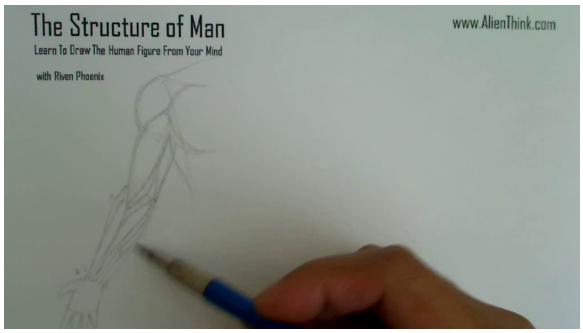
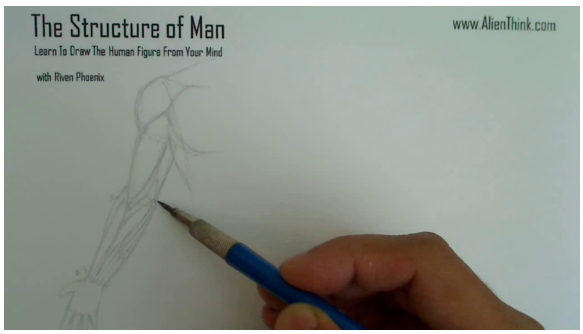
53		We're going to get two, which is a little more smaller over here, two, then we're going
54		to get number three.
55		And here I'll say that I'm going to get a little bit of number four, right?
56		So you can see that automatically the the count or line start to appear, right?

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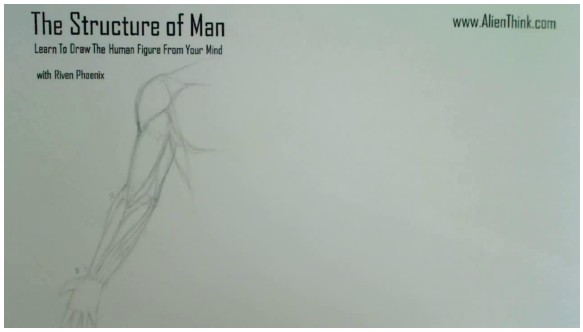
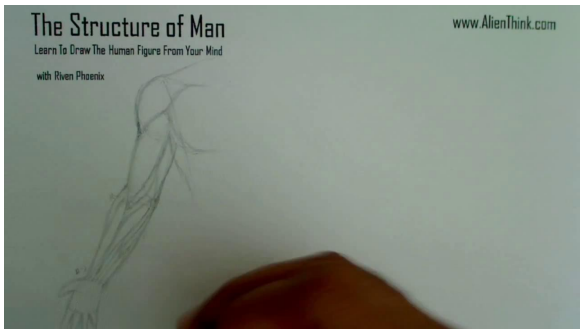
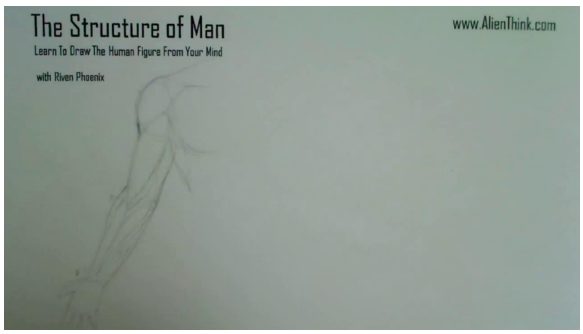
57		Just like this over here.
58		Okay, so that was pretty quick.
59		So you can see that how the mind is now becoming much more faster and faster in drawing out
60		the figure, right?

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61		Because it has a very personal understanding of it.
62		And that's what we want.
63		Not only do we want to be able to draw the figure, but we also want to think a little
64		more faster about this, right?

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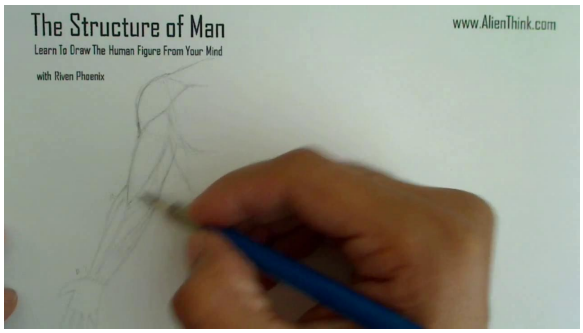
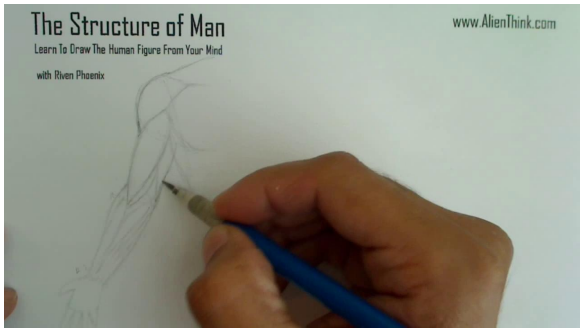
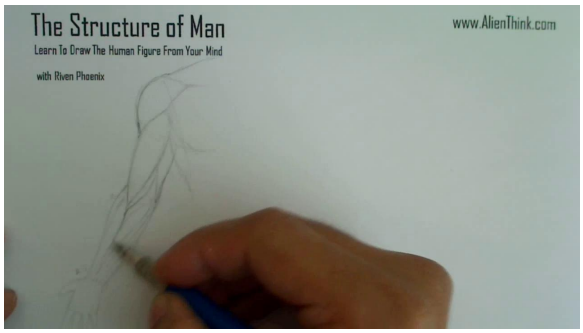
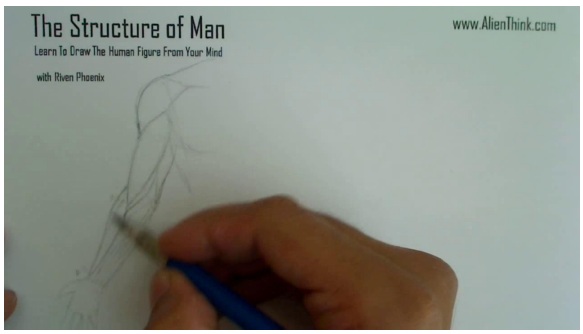
65		You can it doesn't matter how you do it is just just showing you prove right the proof
66		really is on paper that the mind can figure this step out very quickly because we're training
67		it to think the way we wanted to think, right?
68		And over here I'm just going to get that six muscle, but I'm really not going to see it

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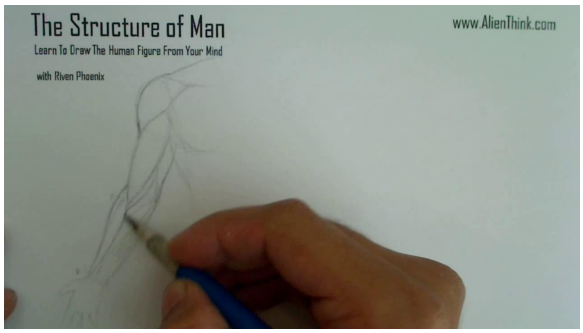
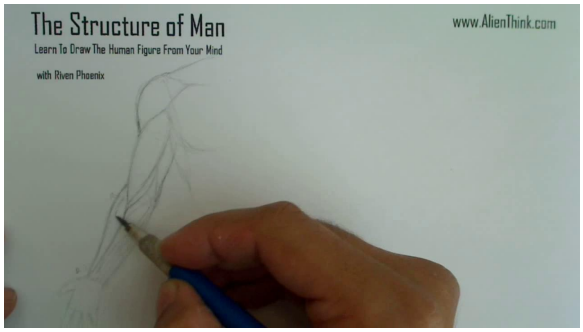
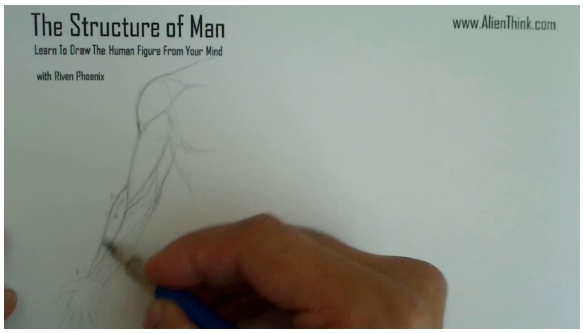
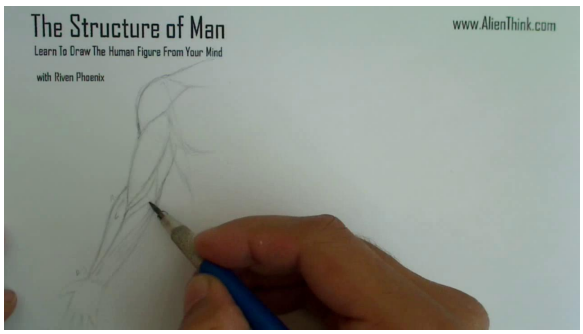
69		on this end, right?
70		So this is going to be six.
71		I'm not going to see the seventh muscle.
72		This guy is just going to be here number five on the funny bone.

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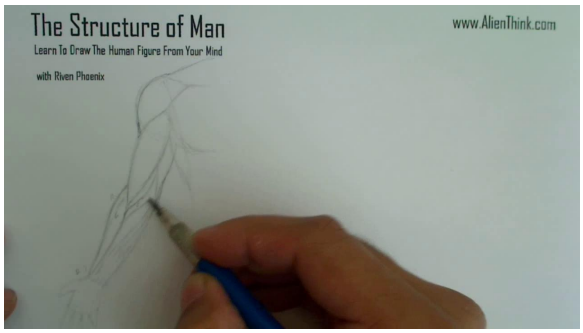
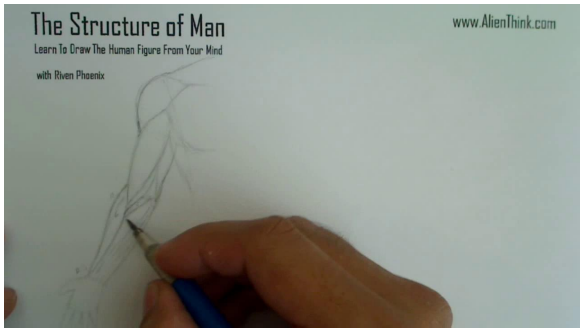
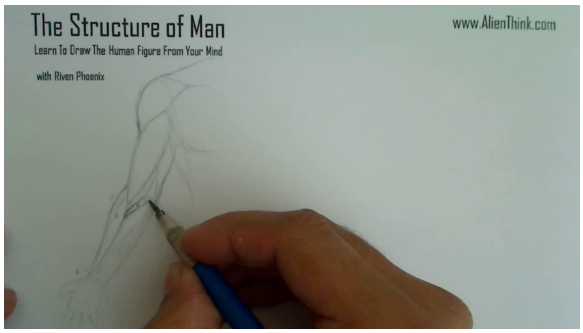
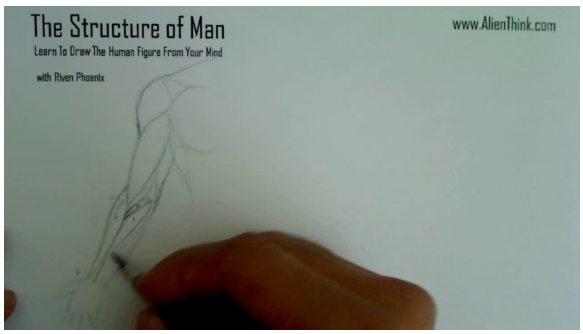
73		And here we're just going to say that that's where it is, okay?
74		So here I'm going to kind of do this a little more faster than before.
75		This is number five and here's going to be number one over here is just going to come
76		in like this.

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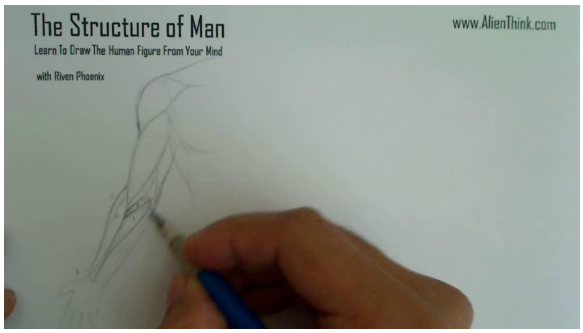
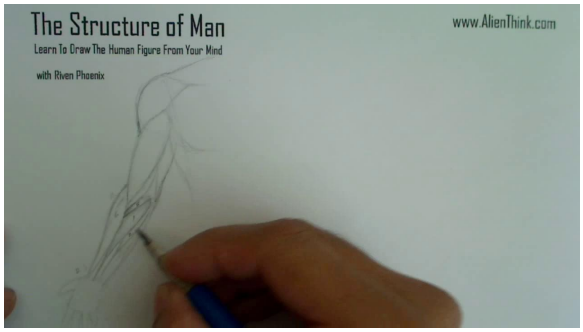
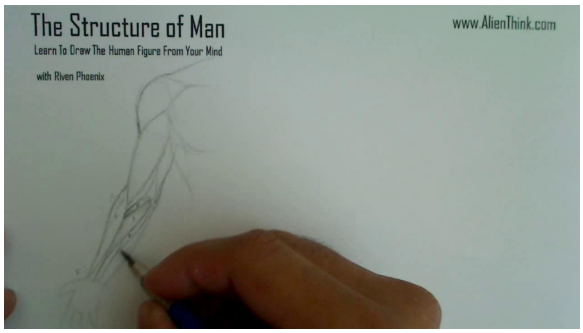
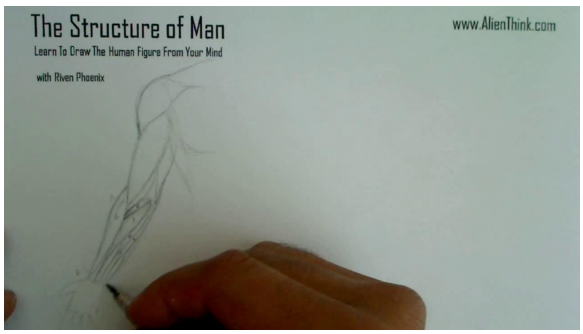
77		And then you're going to get number two over here is just going to be like this number
78		two.
79		And then it's going to be number three over here like so number three.
80		And then it's going to be number four, right?

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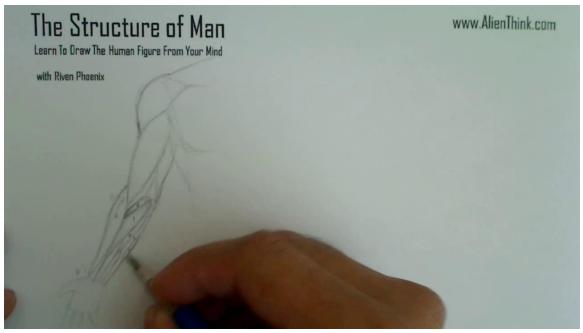
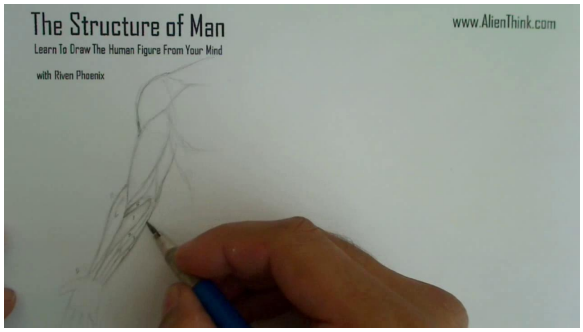
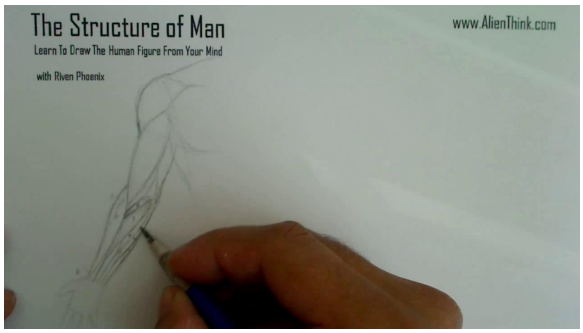
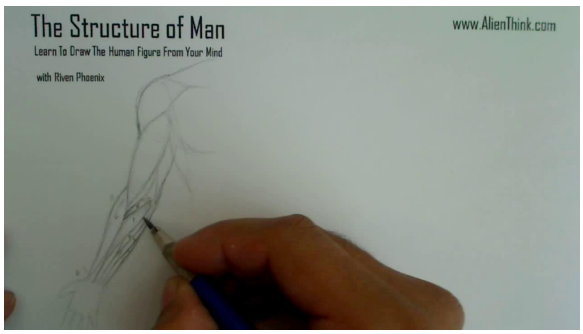
81		So I mean fourth one really depends on if you want to show it or not depends on the
82		situation where the arm is facing, right?
83		Just use your own logic to understand, right?
84		So what I'm showing you is that you can be very flexible with how to put these muscles

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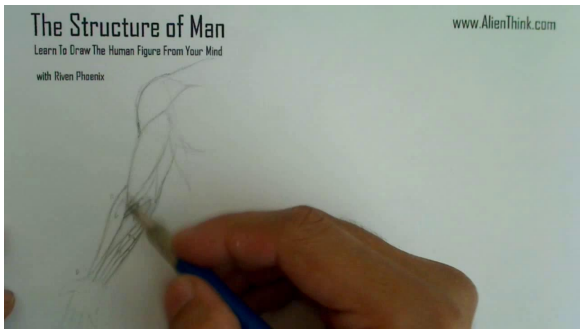
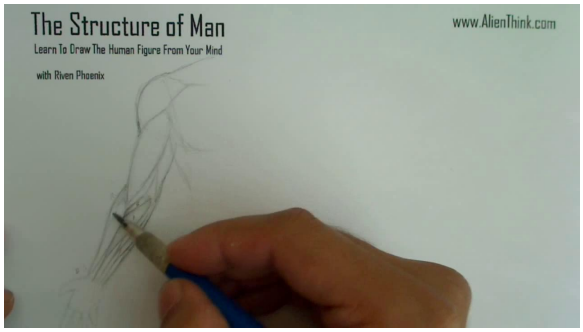
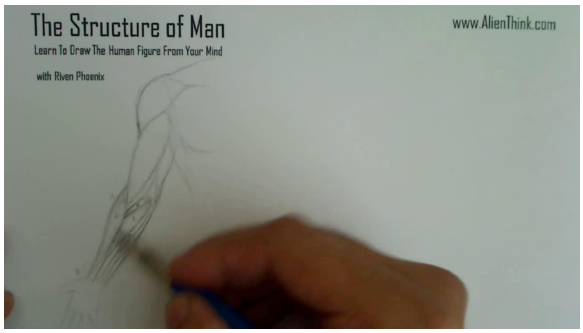
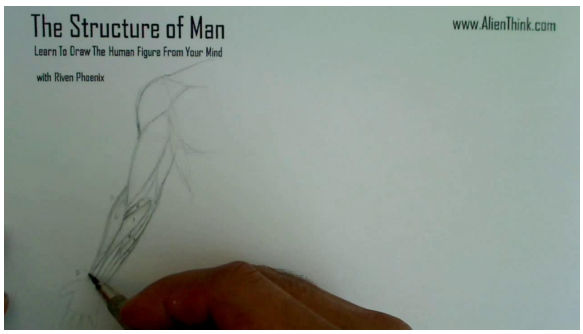
85		down, right?
86		The more you think about it, the more accurate you're going to be.
87		And that's really it on understanding this part over here, right?
88		So we basically finished this drawing in about, about maybe seven minutes, but the time

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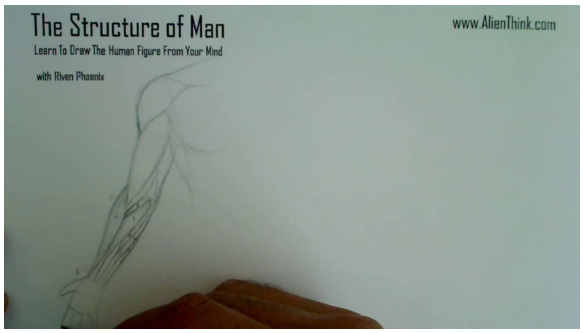
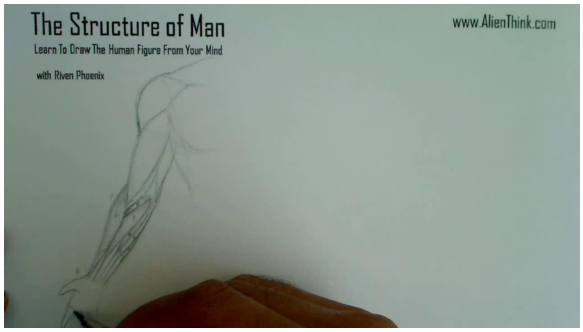
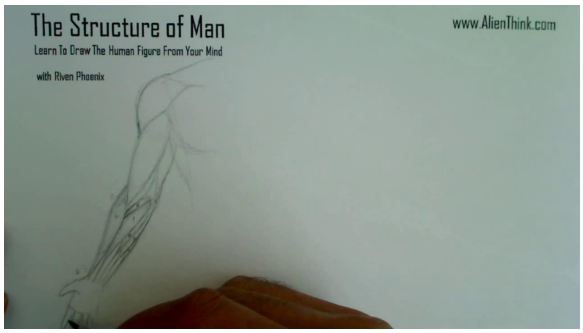
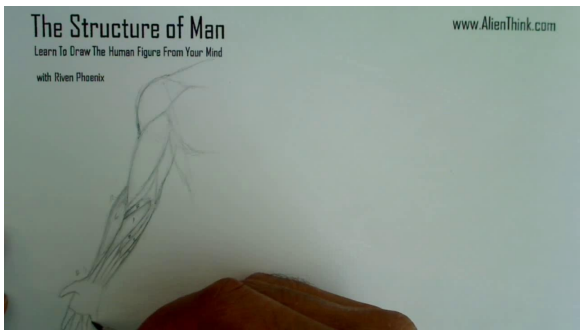
89		I get through it.
90		So here I'm just going to get the middle finger then the ring finger is going to be a little
91		bigger than this guy.
92		I'm going to get the small finger and over here just becomes a hand.

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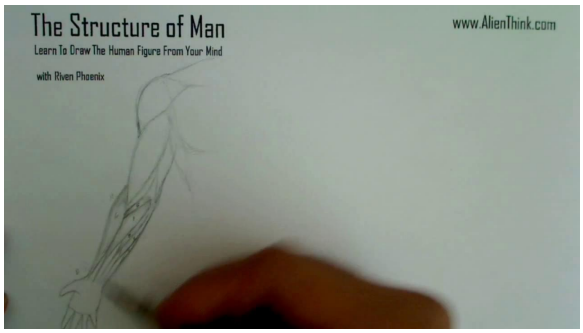
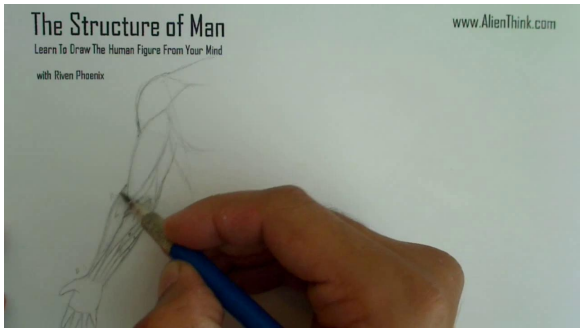
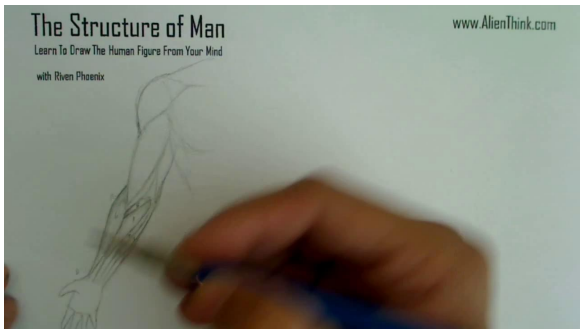
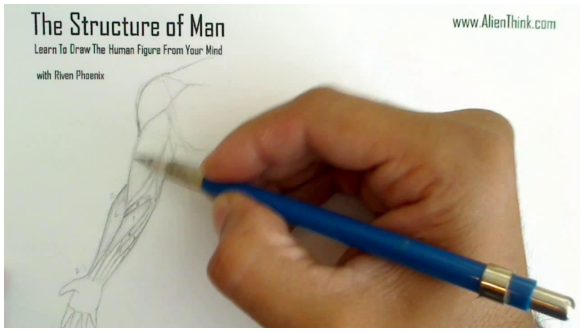
93		See how quick here?
94		What's happening is because we've taken the mind through the understanding of the hand,
95		it knows what the hand looks like, right?
96		It just needs, it needs, it needed just a helping hand that we gave it to understand

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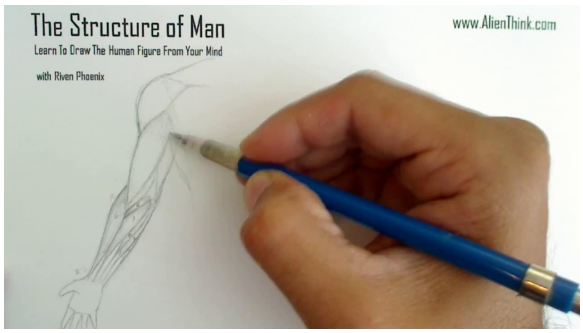
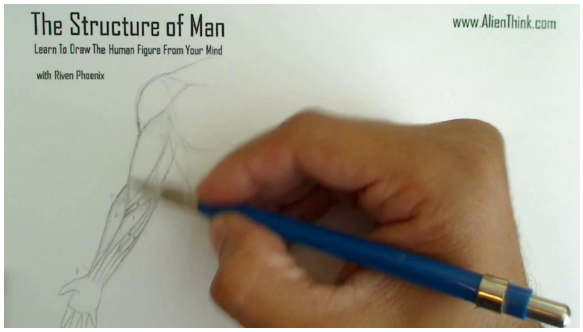
97		the bone structure, right?
98		So here we're just going to get, it's going to be a little dark over here, I'm just going
99		to finish this up, but this is going to be the bicep over here just like this, right?
100		You can make this all realistic if you want, take your time with it, I'm just showing you

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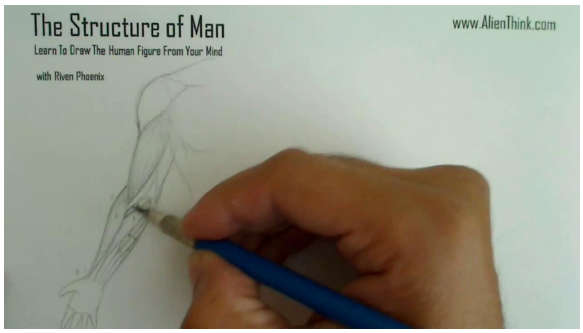
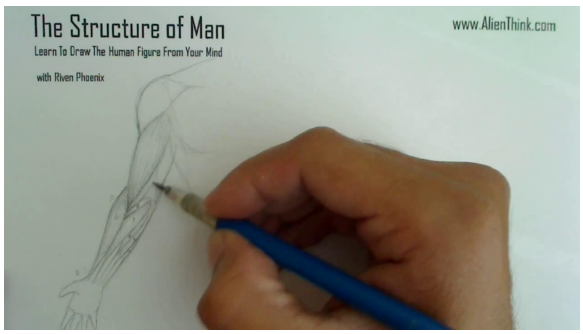
101		that.
102		So we're going to come together like this, right?
103		Just going to be all in there.
104		And over here is just going to be all a soft area over here, you're going to get the

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105		tricep in here, I'm just going to make the tricep like this, right?
106		So remember there's another muscle that's going to be attaching that we talked about, right?
107		That's really not going to show in this instance over here.
108		And here I'm just going to make the chest like this, showing that that's where the nipples

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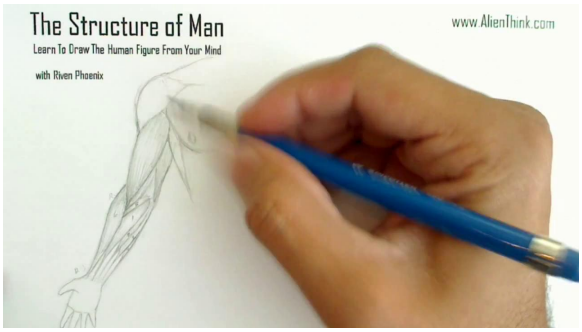
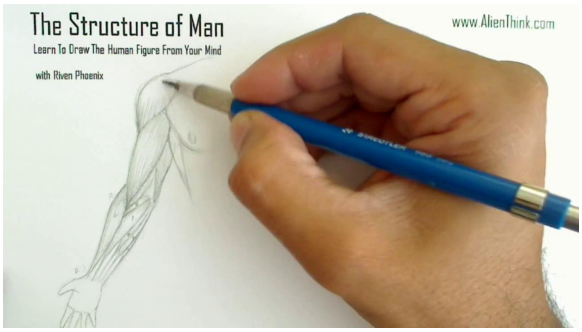
109		are going to be, right, over here so we can just start to understand that that's how,
110		so these areas are just going to be over here, right?
111		And then this over here is going to be the deltoid, and when I put the deltoid in, keep
112		an eye out for this bone structure, right?

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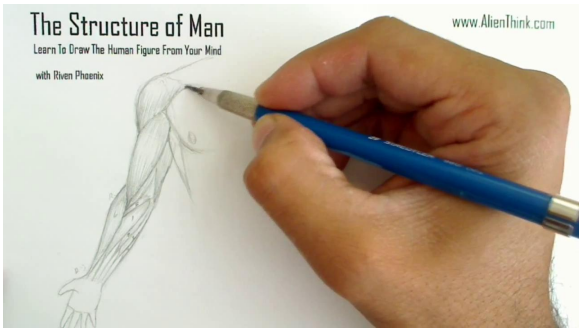
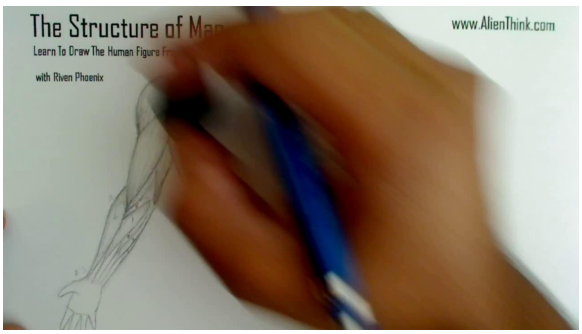
113		Just do a little bit of highlight over here, just to always make sure that you, to tell
114		the mind that it, so it, it, it, it, it understand, right?
115		And over here is just going to be that, okay, so that was pretty easy, okay, so now we'll
116		draw out another arm over here, and this one's again, it's just going to be a very easy

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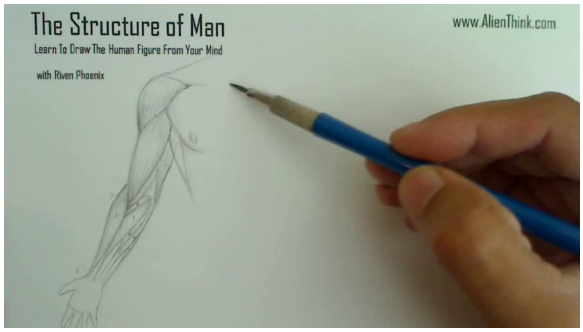
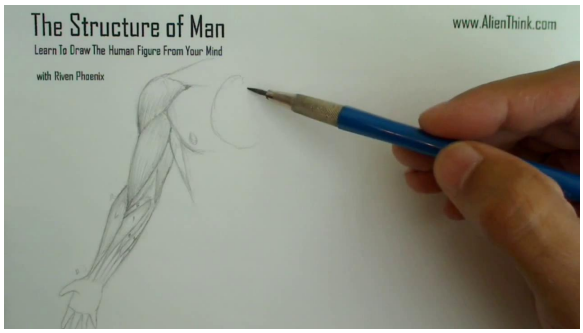
117		concept again, right?
118		So here we'll say that, okay, well, what I want to do is, is draw out the ball shape
119		like this over here, and here I'm just going to do the same thing, just make it basically
120		copy the same thing that we've been doing over here, do this one like this over here,

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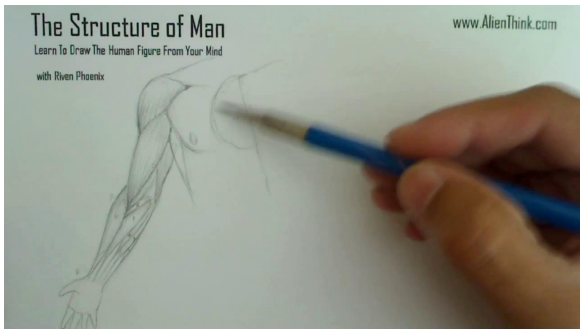
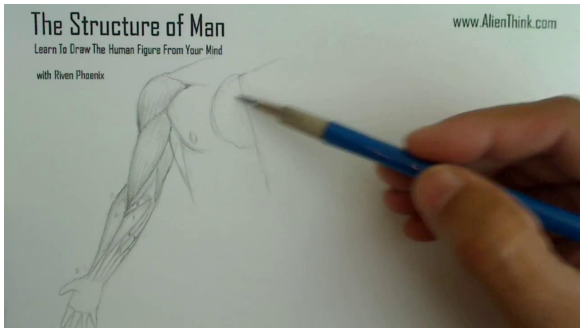
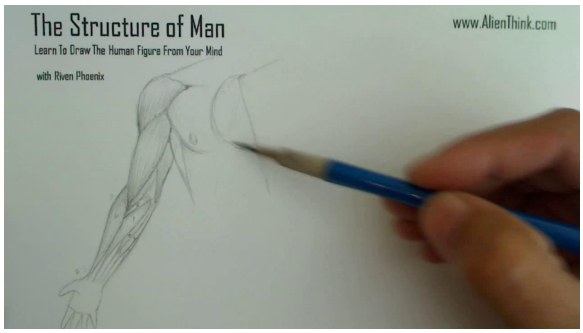
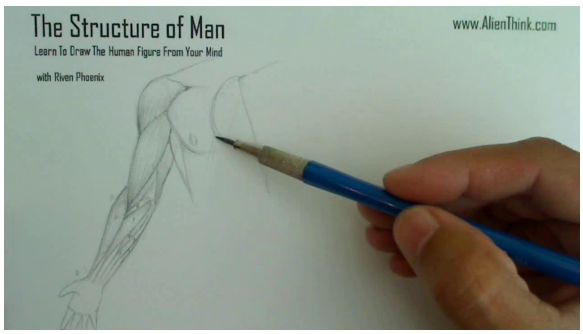
121		something like this, right?
122		Like does it, doesn't, right, we know that the, that the, the bottom is going to be just
123		about here because it's going to end about here anyways, right?
124		See, when I do this, I know that the, the delta is ending, it doesn't really matter how

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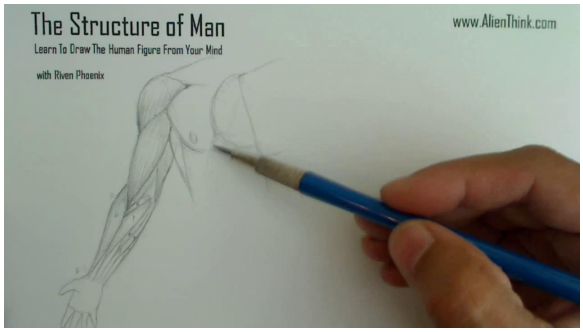
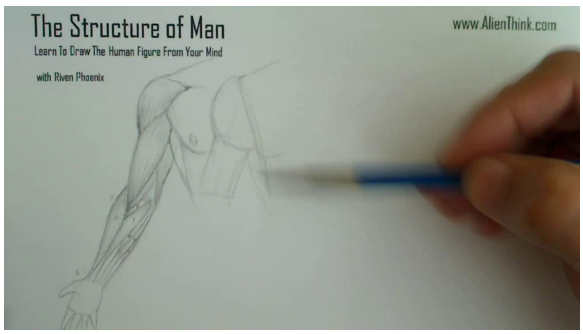
125		you do this, just understand where this is, right?
126		Okay, so for this one, here we can just say that, okay, I'm just going to do this one
127		like this over here, so we know that, okay, this is really coming like this, and then
128		you're going to get the idea for the, the front of the, the, the system over here, right?

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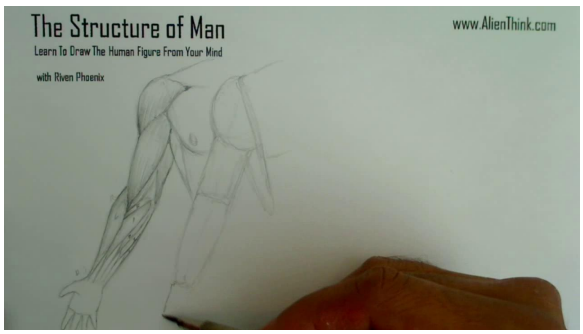
129		So here I'm just going to draw it out a little, or longer over here, you're going to say
130		that, okay, this is just going to come down over here like this, I'm going to get pretty
131		much the, the structure to come down, and here what I want to do is, let's say for this
132		one, we'll just say that, okay, do, do the hand this way, so your thumb is going to

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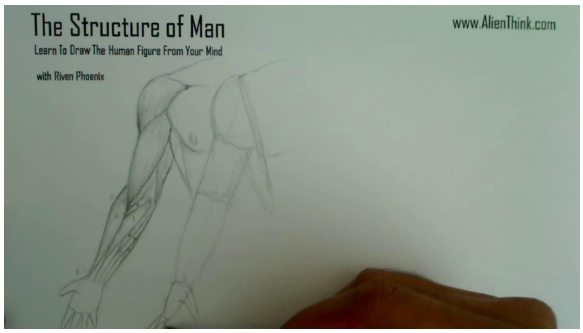
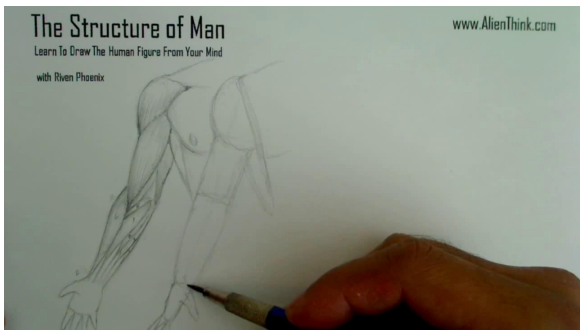
133		now just, just come out this way over here, right?
134		So this means that we can just draw out very quickly a, a basic idea here for the, the,
135		the fingers, and you can see, show the other ones if you want, just get the basic concept
136		down first.

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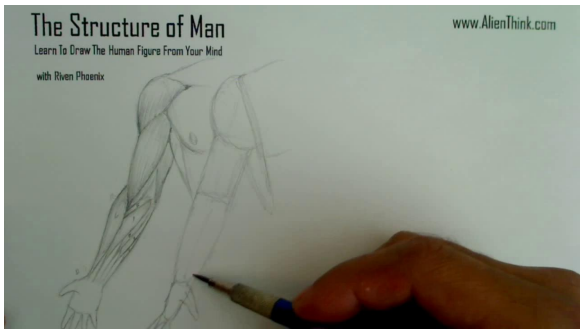
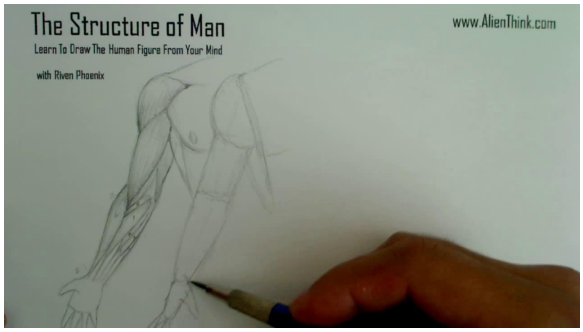
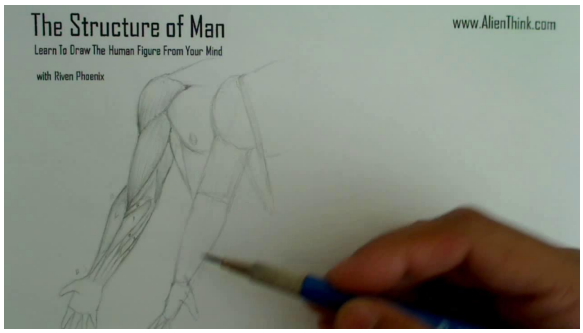
137		So this means that I'm going to actually turn this in a little bit because it's going
138		to be much more thinner here because of the wrist area over here, right?
139		Okay, so once we've gotten this over here, we're just going to now think about, okay,
140		where's my clavicle over here?

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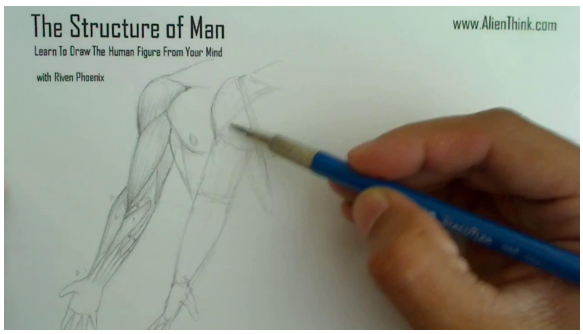
141		Here, then I'm going to start to get the, the idea here for the, the, the, the deltoid.
142		So I know that, okay, I want to think about this a little more differently.
143		What, what I want to do is first figure out, okay, this is where I want the bicep.
144		So this guy, when he goes like this, right, what's going to happen is that basically it's

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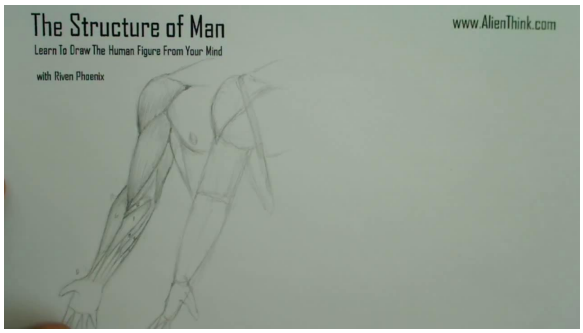
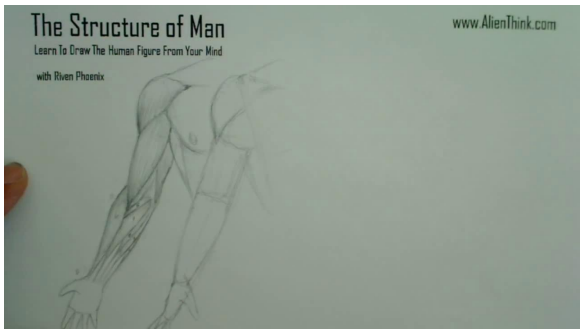
145		just going to be the same thing over here.
146		There is some of these lines here.
147		Good over here when, when, when he's going over, right, you're going to start to get into
148		the bicep, right?

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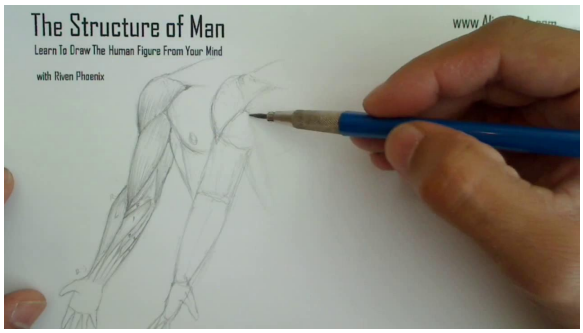
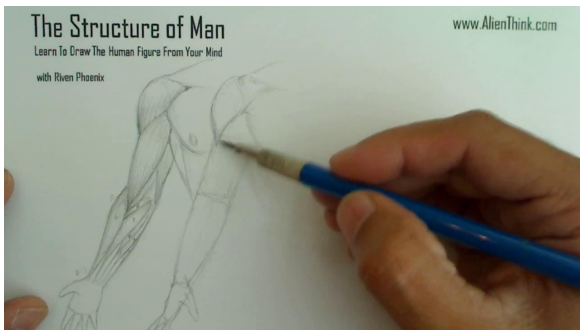
149		Sorry, the, the, the peck muscles.
150		And then it's just going to go like this.
151		So here I'm going to get the bicep.
152		The bicep is just going to be, let's say, about this big over here.

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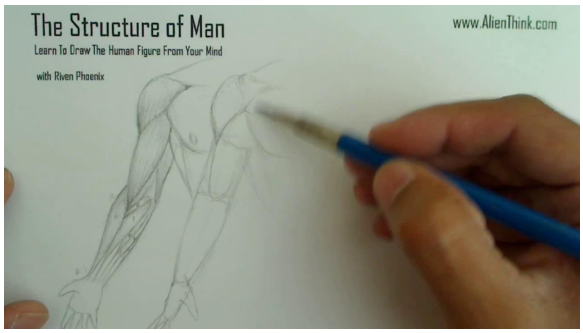
153		Think about how it's connecting, right?
154		So I'm going to say that, okay, I want the bicep to come out like this.
155		But notice that this is where, where the connection is, right?
156		It's got to come in a little bit for the peck muscle, then you get the bicep over here.

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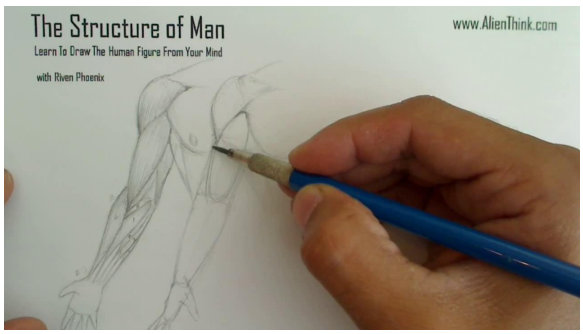
157		So here we know that, okay, these guys click together, they meet, right?
158		So you got to think this in like these very small increment ideas that, okay, I might see,
159		I might see that muscle over here.
160		So let's just put it in and here then we can just do a little bit of the, the tricep going

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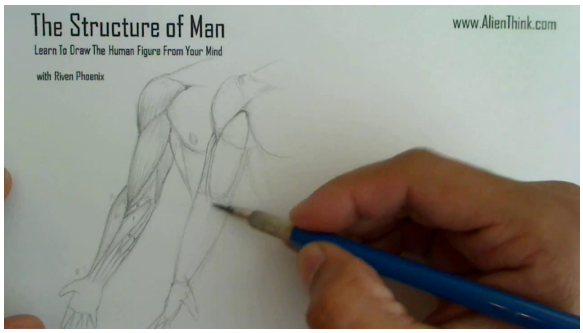
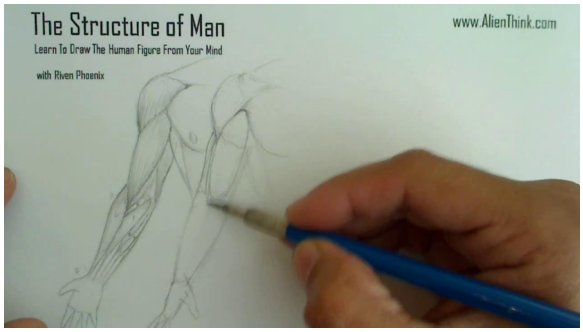
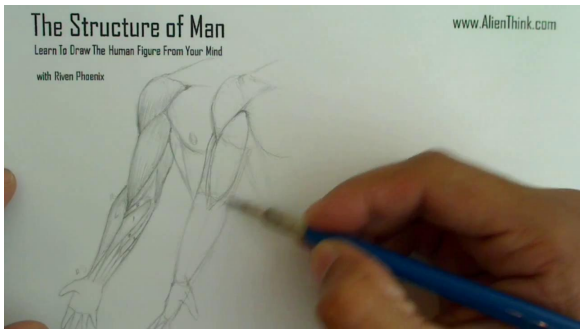
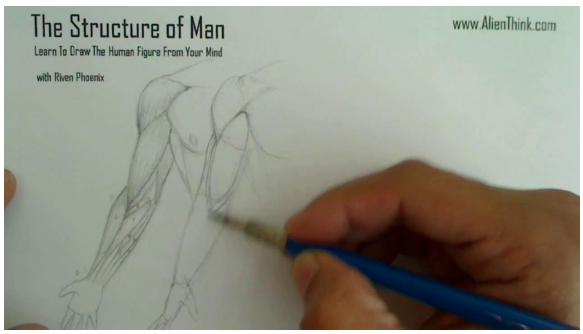
161		in this way.
162		Now that, right, the bicep really is just going to connect to the, to the radius, then
163		I'm going to get a little bit of that muscle here, then I'm going to get obviously that connection
164		and that's it.

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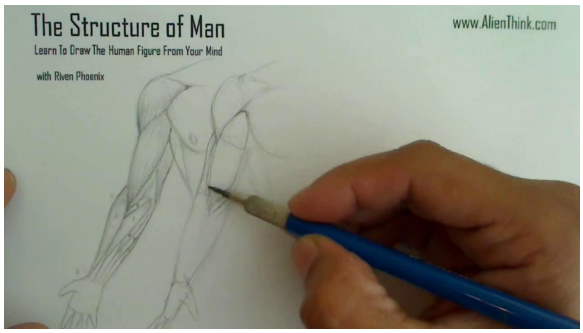
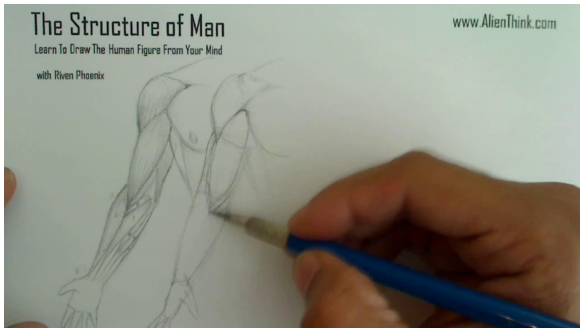
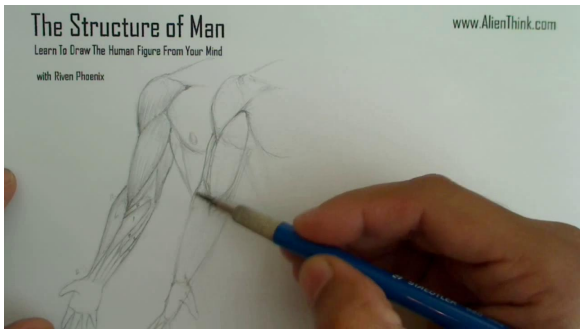
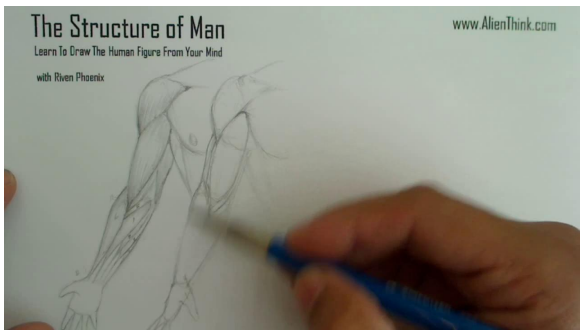
165		We just solved the whole problem, right?
166		As soon as we do that, right, we can now see that, okay, well, really muscle six wants
167		to come here.
168		So obviously this guy is going to come like this, right?

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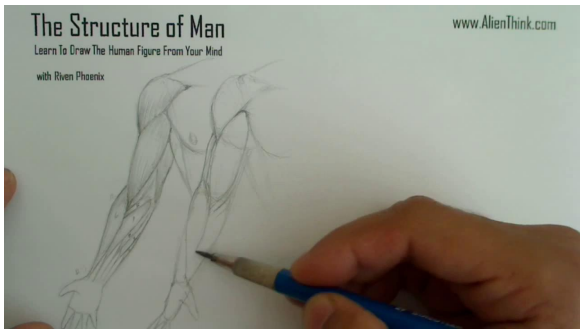
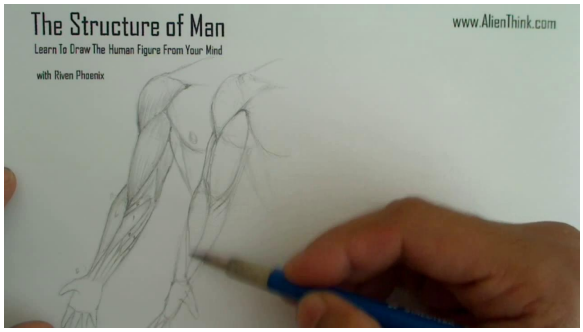
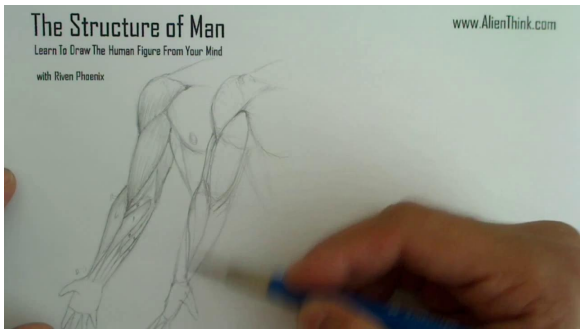
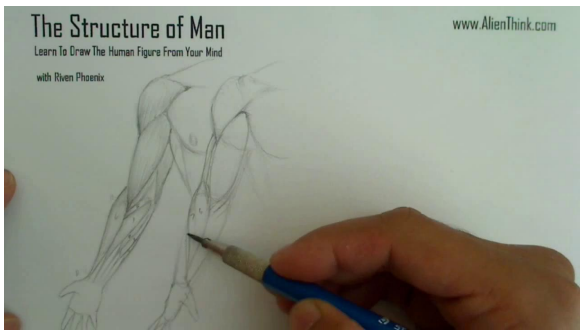
169		He would have to, right?
170		So this is muscle six and seven, right?
171		So now you can do more of this as six and then seven.
172		So what's going to happen here is that this guy here that we created wants to go on top,

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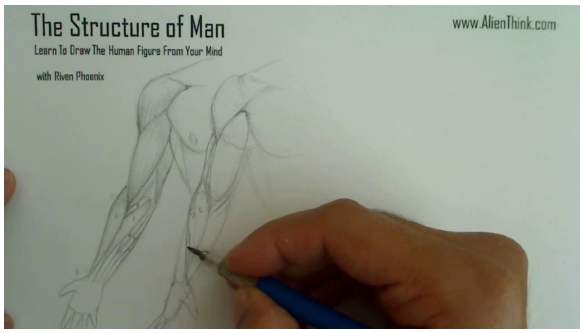
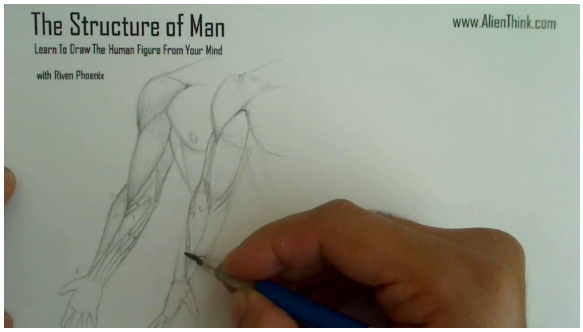
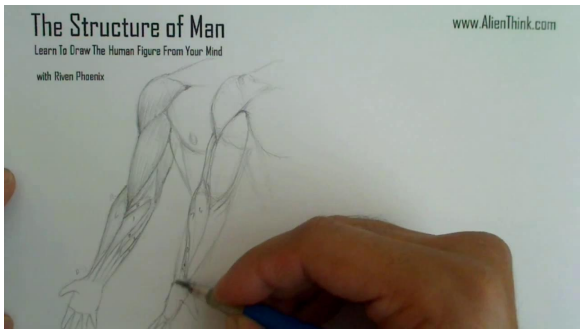
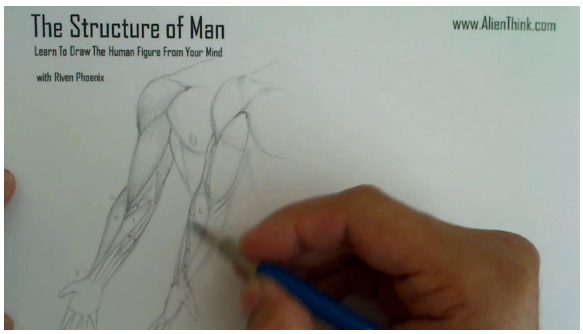
173		is he's going to be muscle D.
174		All of a sudden we get these two guys in the way, E and F, E and F, then who's going
175		to be next to E and F, it's always C, right?
176		So we know that, okay, C is coming in the way.

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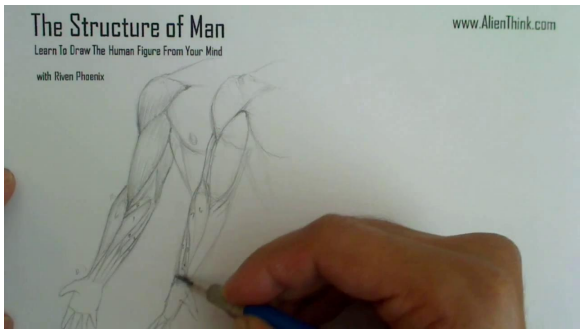
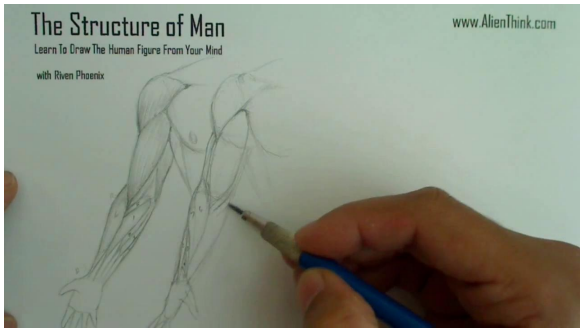
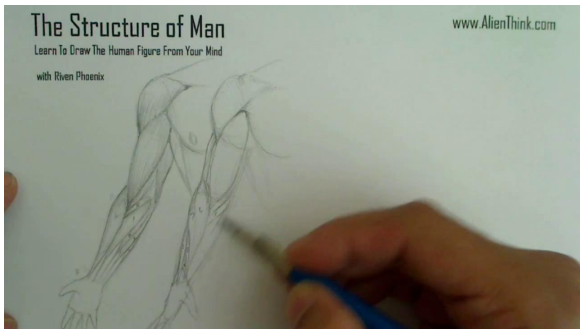
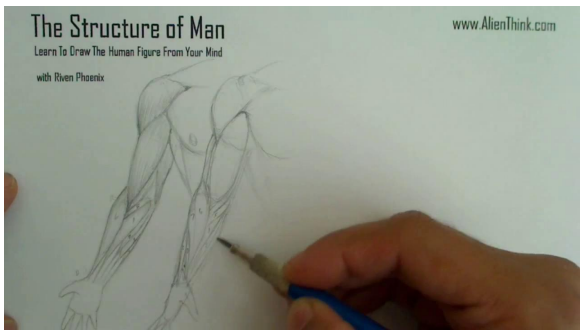
177		So basically that's all about we're going to see over here, right?
178		So this one is number five over here, everything is just going inside, so you know that, right?
179		I'm going to obviously get my muscle one, going to see a little bit of muscle two, then
180		here I'm going to see muscle three and that's really all there is to this, right?

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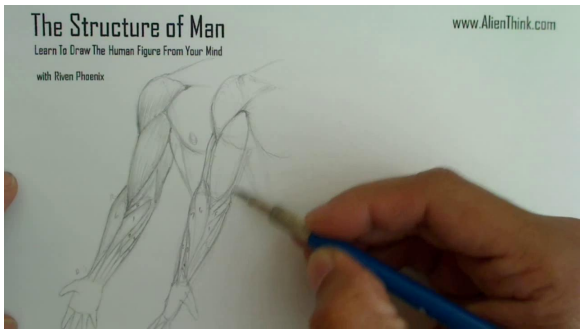
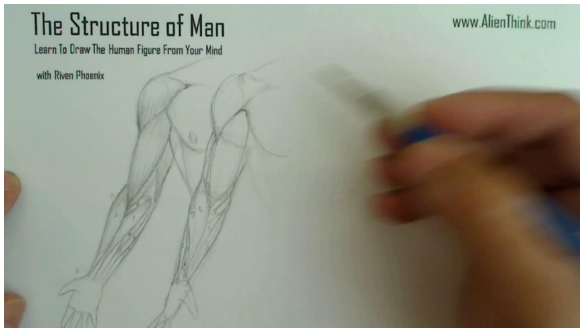
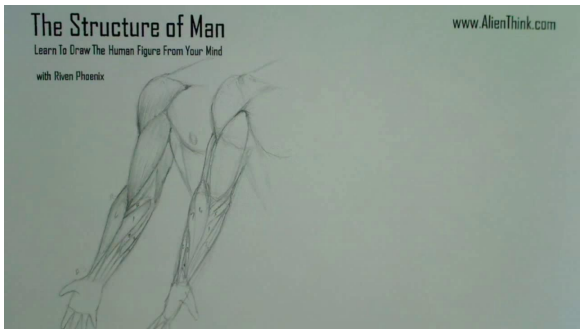
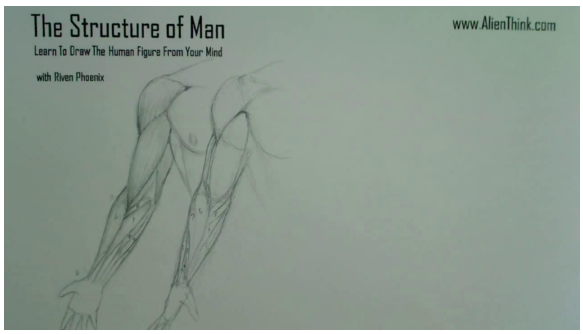
181		So here we solved that understanding of that problem again and here we can just say that
182		the tricep is going to be there.
183		So again, we were able to finish the handle pretty quickly, okay, so now we're just going
184		to clean up this drawing up pretty fast here, okay, I'm just going to work with this.

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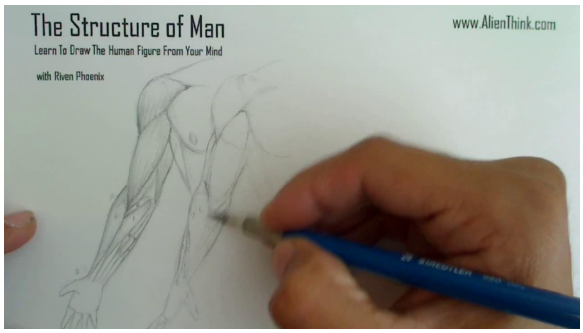
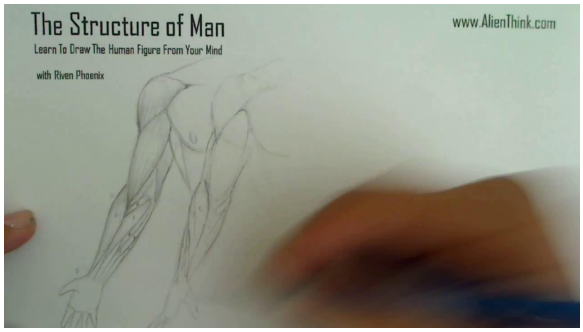
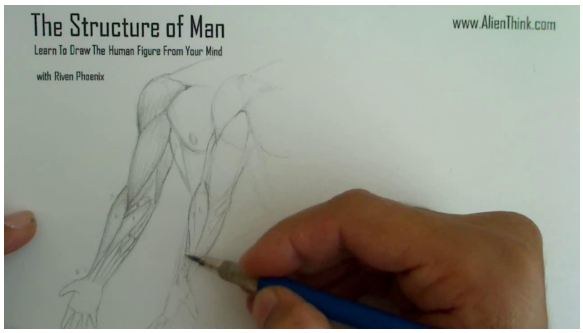
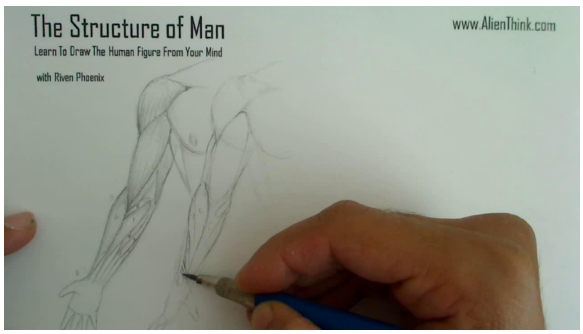
185		Now again, you can just be like this with the muscles, right?
186		A lot of this is conceptual understanding, so we get the mind, give the mind the ability
187		to draw this out without overthinking anything, right?
188		So this is going to be E and F, so here I'm just going to put them in lightly over here.

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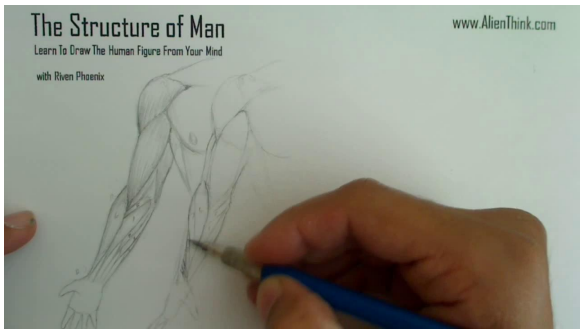
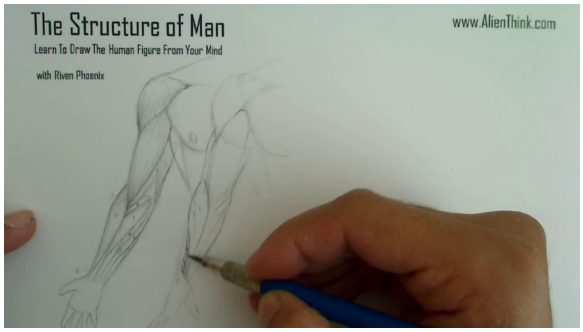
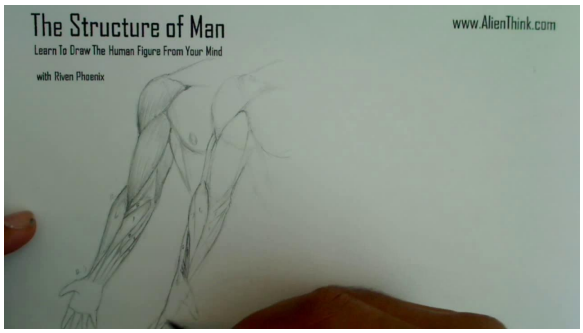
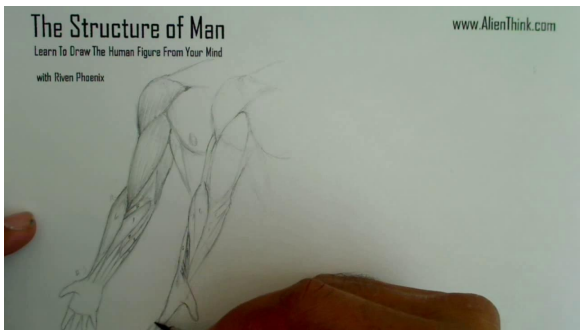
189		This is going to be D over here, right?
190		This is D, and this is going to be C. And here we'll just get into the hand over here,
191		so here I'll just draw it out like this, very simply, seeing that we get the concept
192		that really the hand is nothing more than a blob also, concept, right?

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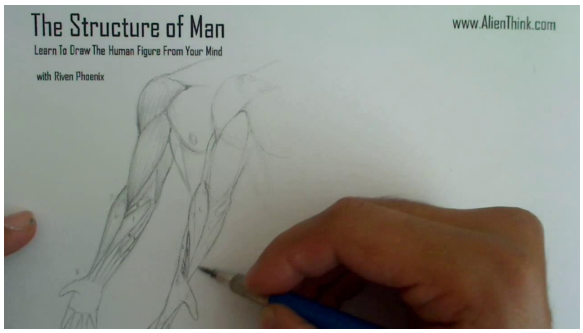
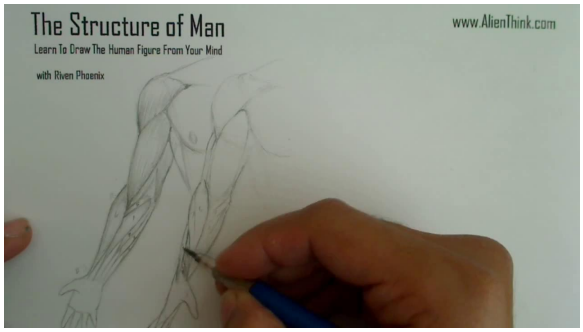
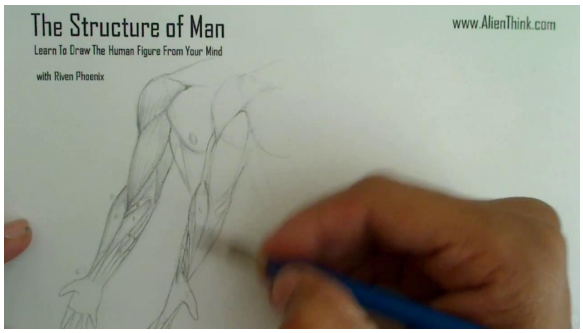
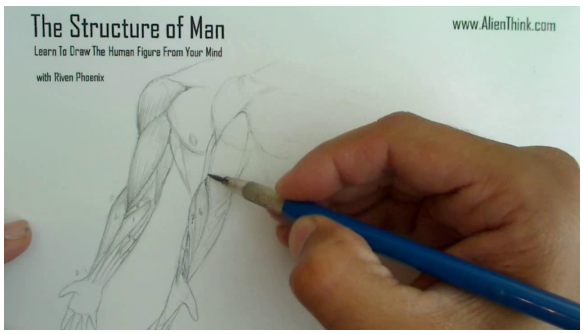
193		And we're going to get the area for the wrist, and muscle C really is just going to be all
194		on top, right, now we're going to get 6 and 7, and they're going back to the thumb, palm
195		of the hand, okay, and this is 6, and they're just coming from here, right, it splits, and
196		this muscle is going to be here, I'm going to get the bicep over here, so I'm just going

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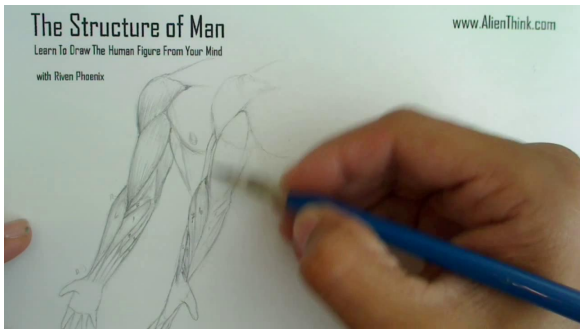
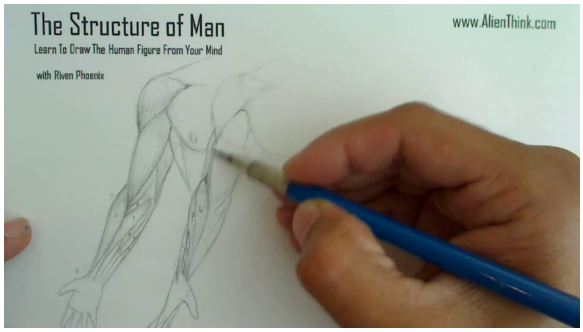
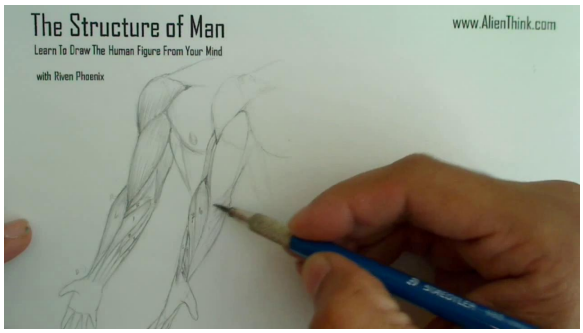
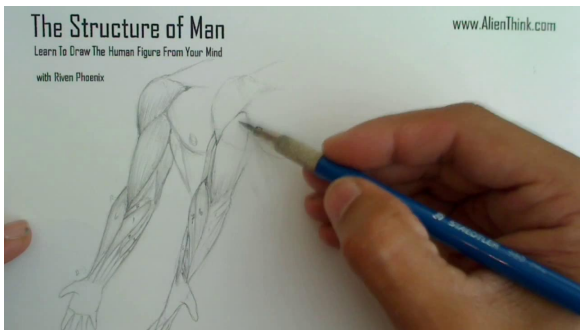
197		to very slightly see it, and then here's just going to be the tricep muscle, right?
198		So notice these connections that I'm putting in over here, okay, it's all these little
199		details that are just going to make your drawing more and more realistic, and this is just
200		going to go here, and here we can just come back down again like this, and this is going

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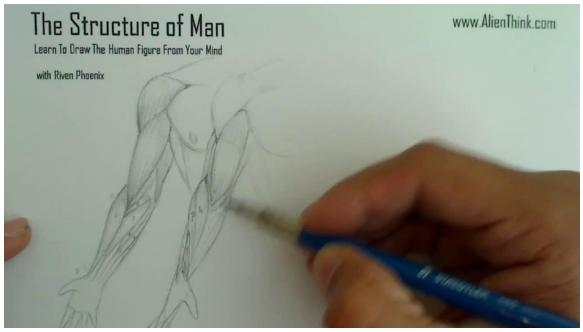
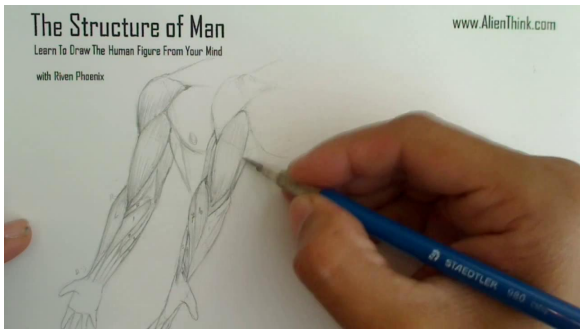
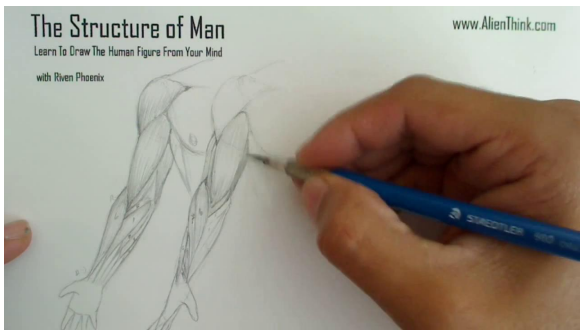
201		to be the bicep over here, do this pretty quickly over here, we're going to get that other muscle
202		going down like this, then I get this fifth one over here, this is going to be the tricep,
203		so here we can just actually darken that area up, showing that that's just going to be the tricep,
204		and again, this is just going to come in the middle over here,

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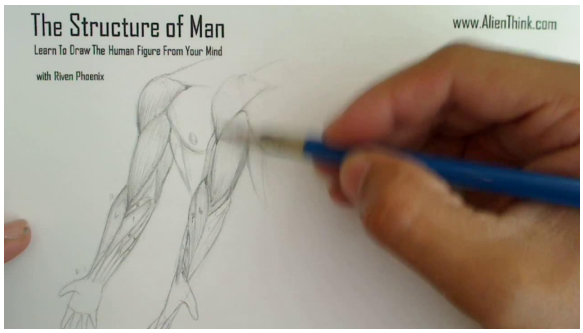
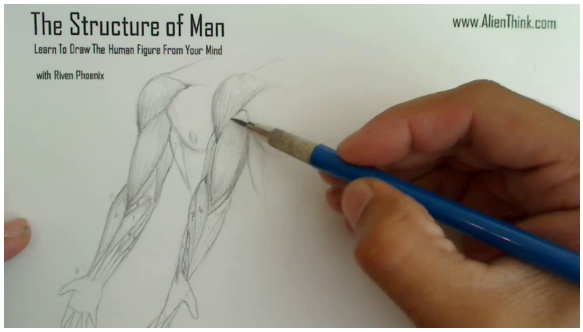
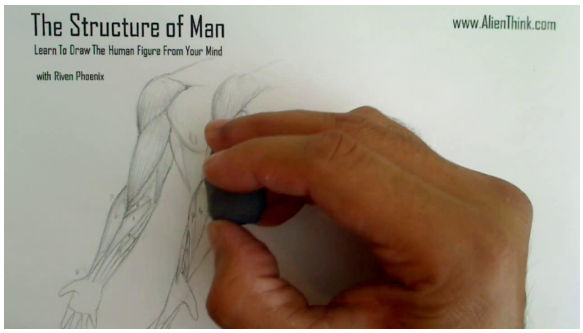
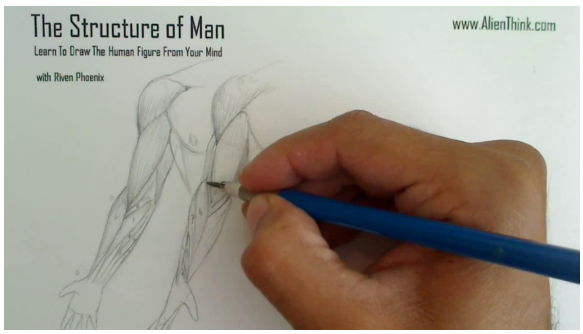
205		okay, so when you do the delta, I just understand that over here it's going to be a little
206		bone, that's why we did it this way, right? Okay, so here we can now just tap off some of these
207		areas that can become a little dark in the shading, this quick shading process, right? So here I'm
208		just going to fine tune the lines a bit, and here we can just simply put this idea here,

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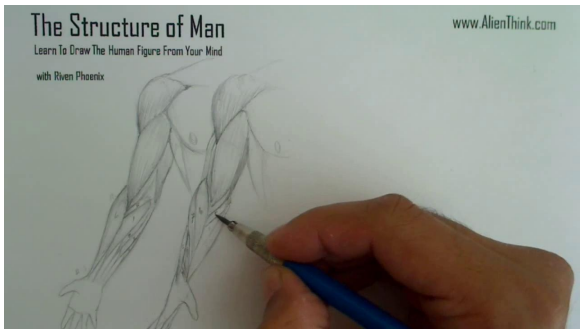
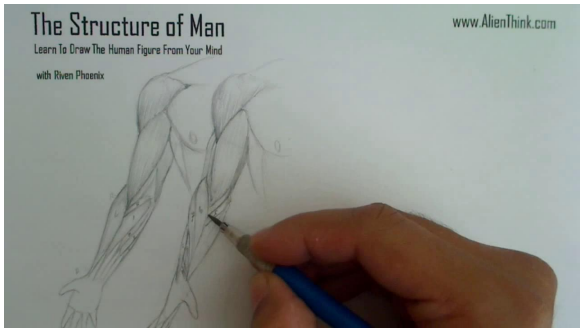
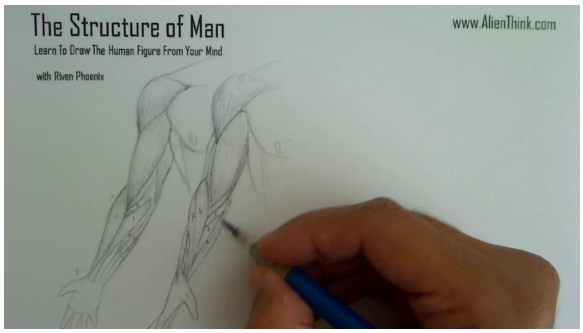
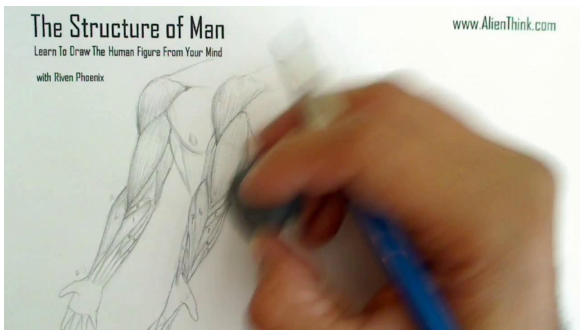
209		it's number five, okay, and then over here,
210		this is muscle one, and this is muscle two, right? I'm going to say two over here,
211		and then here is going to be three, right? It should be pretty straightforward how we did this,
212		right? Just lighting up some of these lines over here, so I can bring out a little more of these

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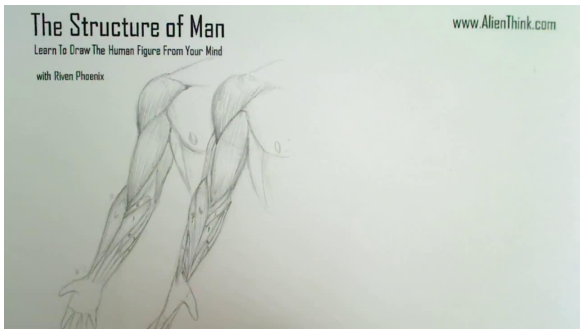
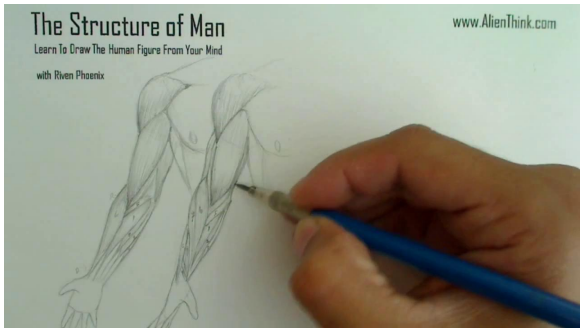
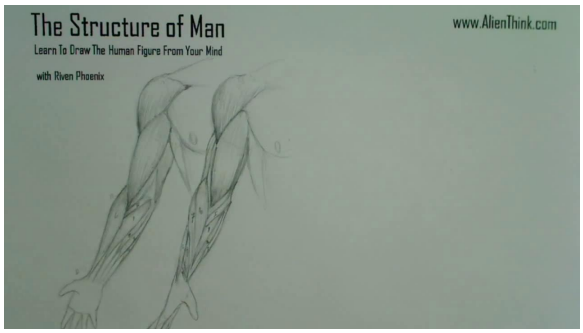
213		details here, so this is the bicep, that's what I'm seeing, this is just going to be the bicep over here,
214		right, and that can become dark, we can see we solved this problem also successfully,
215		so I'll see you in the next lesson base,

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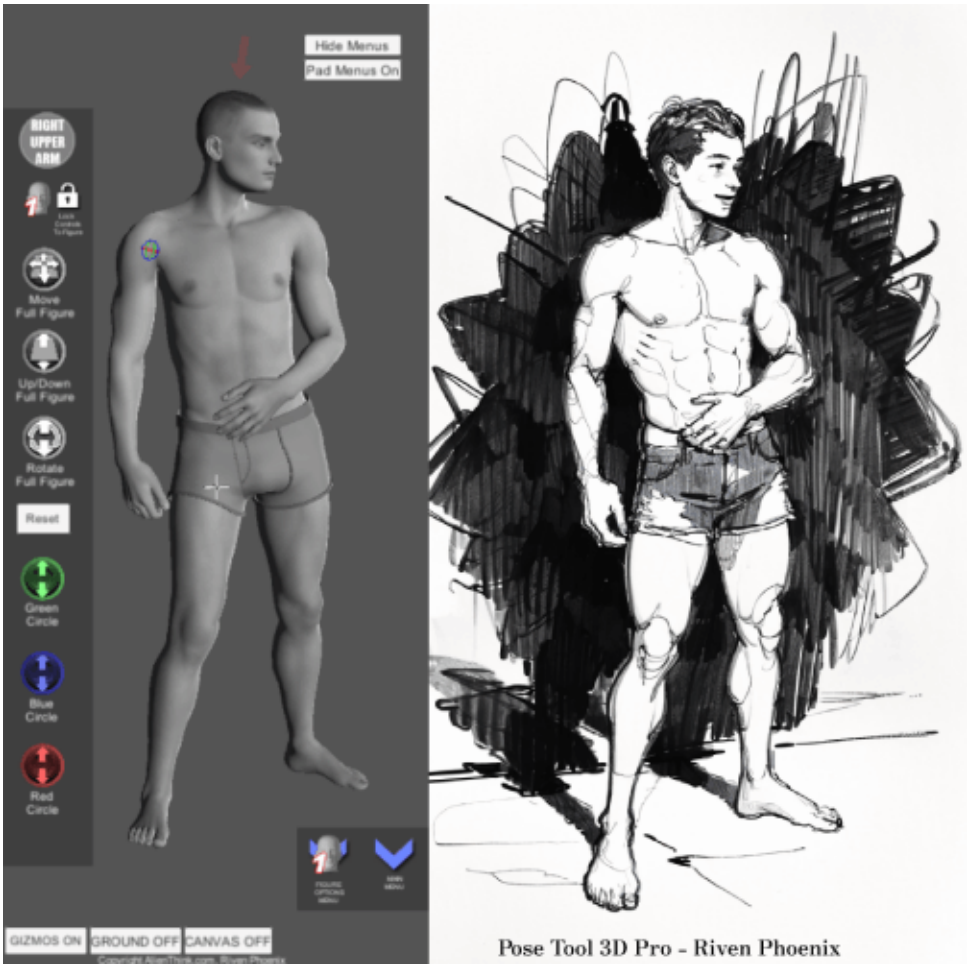

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